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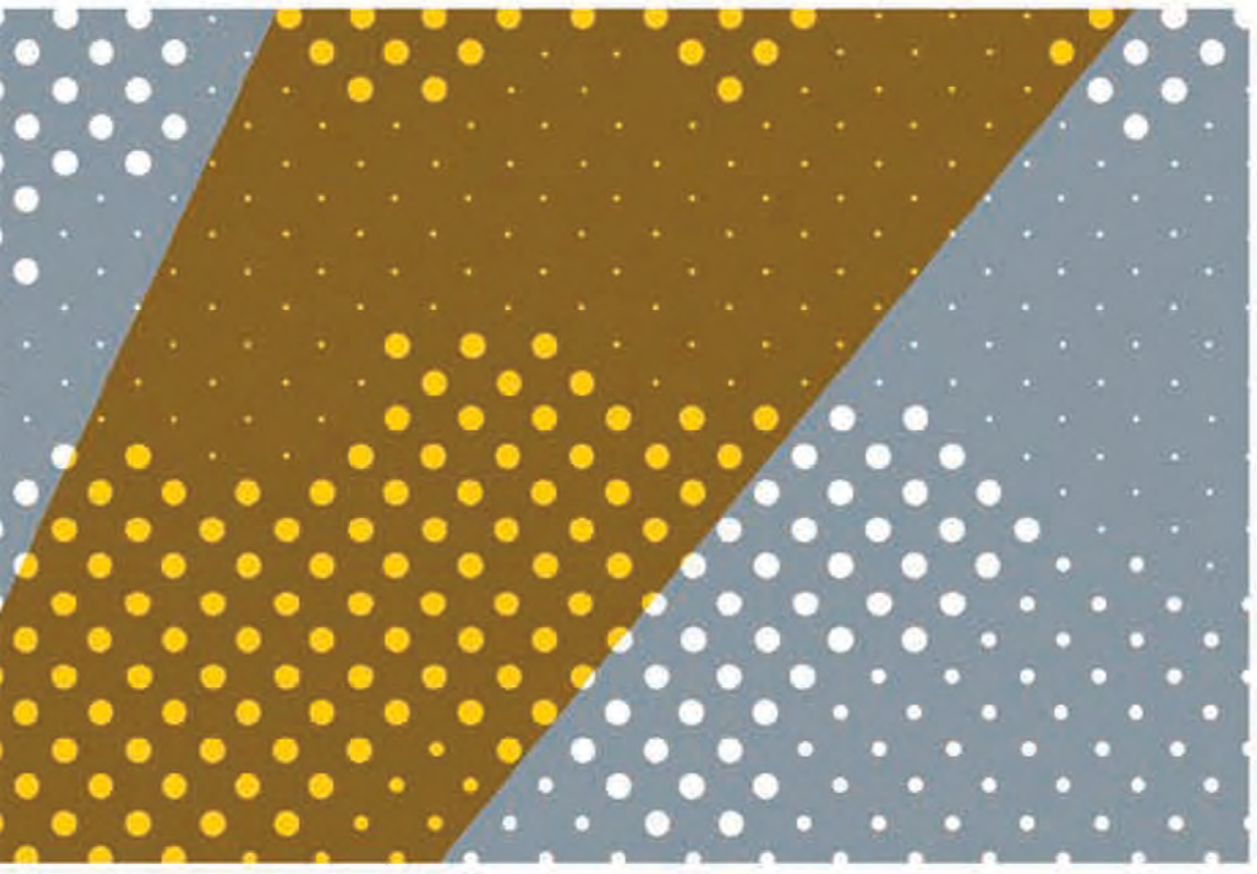

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MEET THE EXPERTS

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WILL **SAFFORD**

Certified Strength and Conditioning specialist who trains under Andre Galvao in San Diego, CA. Will specializes in mobility training, injury prevention, and kettlebell strength and conditioning. For more info visit his website at **ironwillathletics.com**

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Is a blue belt and Registered Pharmacist and clinical pharmacy manager who trains under Ezra Lenon. The best way to keep up with his articles and reviews is at **facebook.com/MappingMyBJJJourney**

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Is currently a jiu-jitsu purple belt under Gracie Barra's Rafael "Mosquito" Olivera. Has a bachelor's degree in history and currently working on an MBA. His jiu-jitsu photography can be seen on Instagram under the name **BjjFotos.**

Look for us online:
@jiujitsumag

ON THE COVER

Rhalan Gracie battles back

Photo: Jason Boulanger

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A Good Gut Equals Better Grappling

IN FOCUS

PHOTO: **PATRICK FLORES**

SUPLEX
Jessica Oliveira of Gracie Barra is helping Jessica Cook of Checkmat down to the mats in a hurry. This photo was taken during their Open Weight match at the 2015 IBJJF No Gi Worlds. Jessica would go on to win by armbar.

EDITORIAL

SCOREBOARD

Another year is in the books. I hope that you can look back and say it was the best one yet. Personally, I can't quite say that. For me 2015 was a good year. My family and I were all healthy, business wasn't bad, most of the things that I had influence over went well. To almost-quote my favorite movie of all time "It wasn't quite Ivy League, now was it." Everyday is an opportunity to improve, to set things correct, but for some reason when the calendar rolls over and a new year begins, we just seem like we're more in the mood to make those change and reflect. This year, Marshal Carper wrote an article on looking at your training like a role playing game. Looking at the different facets of your game and scoring each area. Now's a great time to not only do that with your jiu-jitsu, but with the life you're living. Health, Family, Relationships, Spirituality/Faith, Professional; whichever categories you wish to include. Use a scale of 1 to 10 to rank how 2015 faired for you in each area. In each, identify that ONE THING that I talked about last month - the thing that can have the greatest impact and by doing it, make everything else easier or unnecessary. In your jiu-jitsu, you can do the same. You could break down the different aspects of you game, defense, submissions, transitions, etc... Or just ask yourself what's the one area of your jiu-jitsu, that if you really focused on improving, would make everything else easier. If you're just starting out let me tell you that it's not that armbar from the mount, or your triangle skills. It's surviving and escaping. Get this stuck in your head now and everything else will not necessarily be easier, but possible. Just starting in jiu-jitsu possible is a very good thing.
For me, it's been wristlocks. The article we did with Pete "The Greek" Letsos in Issue 38 has been a game changer. Who knew the wristlock was possible in so many positions. Getting back to the topic at hand, go through an inventory of your life, and your jiu-jitsu. Be objective, it's my belief that there should be no "one's" or "ten's" on your list. Things could always be worse, and they could always be better. Be objective, identify the one thing in each area and focus on that this year. Unlike resolutions that never seem to stick, make these points of direction. Let's say that in the Family category, your one thing is being more present in the moment, so keep that in mind the next time you're at your kid's school play and you reach for your phone to check out what new video Keenan's posting on his Instagram. Making those little decisions that help push you in the direction of that "one thing" will compound over time and help raise your scores. More importantly, your priorities will reveal themselves to you in case you aren't quite sure. We're all human, we all lose sight sometimes.

Here's to a great year and life ahead!

Keep rolling!

MIKE VELEZ
Editor/Publisher
mikev@jiujitsumag.com

This year was not without loss. This issue is dedicated to my friend and brother-in-law - Jeffery Otto Menrad. We all miss you.

jiu-jitsu magazine

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fax: 909.591.1251

NATIONAL/INTERNATIONAL NEWSSTAND DISTRIBUTION

The Curtis Circulation Company

Jiu-Jitsu Magazine (ISSN 2157-6173) is a publication of Recon Media Inc. Phone: 877.834.3552; Fax: 909.517.1601 email: subs@jiujitsumag.com. Subscription rates are $39.99 for 12 issues (1 year), $59.99 per year Canada, and $99.99 per year for foreign airmail.

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Jiu-Jitsu Magazine (ISSN2157-6173) is published monthly by Recon Media Inc., 3857 Schaefer Avenue # D, Chino, CA 91710. Periodicals Postage Paid at Chino, CA and additional mailing offices. POSTMASTER: Send address changes to iu-Jitsu Magazine, PO Box 2405, Chino hill, CA 91709

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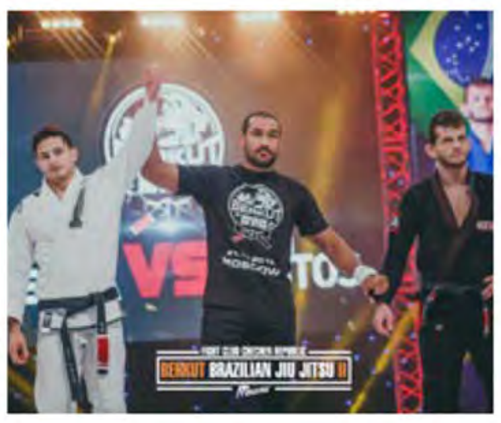
WEIGHING IN

MEANWHILE IN RUSSIA...

Berkut was one of the greatest jiu-jitsu events of the year. Some of the best grapplers in the world traveled to Russia for some amazing matchups. Here are just a few of the event's matches:

Taian Dalpra vs Talib Bataev
(Dalpra wins by sub: choke from the back)
Rafael Navas vs Muhammad Abdulkadirov
(Navas wins by ref's decision)
Khasan Abubakirov vs Jeff Monso
(Abubakirov wins by points: 1x0)
Abdurakhman Bilarov vs Jackson Sousa
(Bilarov by sub: heel hook)
Muhammad Kerimov vs Dean Lister
(Kerimov by sub: shoulder injury)
Arbi Muradov vs Alex Cabanes (Muradov by points: 4x2)
Osvaldo "Queixinho" Moizinho vs Joao Miyao (Draw)
Caio Terra vs Milton Bastos (Terra by sub: collar choke)
Claudio Calasans vs Lucas Rocha (Draw)
Paulo Miyao vs Samir Chantre (Miyao by re's. decision)
Augusto "Tanquinho" Mendes vs AJ Agazarm
(Tanquinho by ref's decision)
Felipe Pena vs Yuri Simoes (Pena by points: 4x2)
Andre Galvao vs Romulo Barral (Galvao by points: 1x0)



In the main event, Andre Galvao scored one point with a takedown in a very competitive match. At one point, Galvao almost knocked Barral from the podium completely. This was a jam packed pay-per-view event with some great match ups. Watch the full replay on ***FLOGRAPPLING.COM***

FUJI USES COMPRESSION GEAR TO HELP IMPROVE YOUR GAME!

Fuji has produced gis in different martial arts markets. Their new line of compression gear is designed for judo, jiu-jitsu, and MMA athletes. It will help compression of muscles for increased athletic performance and recovery. The line is very breathable, comfortable, and looks great! Check out Fuji's website for more details on these sharp looking compression products.

FUJISPORTS.COM

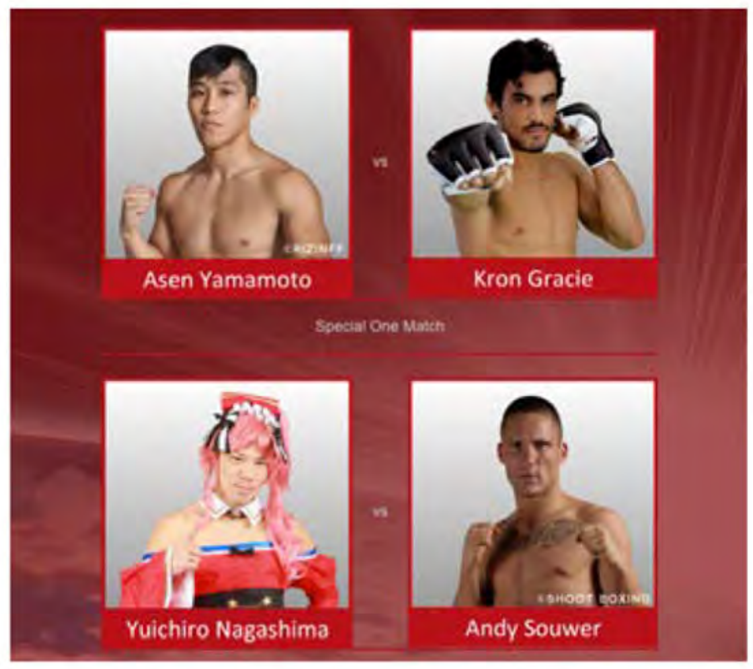
BREATHING

If you've never seen Rickson Gracie demonstrate his breathing technique, I suggest you go to YouTube right now and watch. We attended a seminar by Dr. Belisa Vranich, to learn about proper breathing techniques and how most people in jiu-jitsu are breathing incorrectly. Look for the article next issue!

WEIGHING IN

Another Jiu-jitsu World Champ goes to MMA

Five-time world champion Rodolfo Vieira signed with a Japanese MMA promotion. There were lots of rumors speculating Rodolfo's desire to enter the world of MMA, and those suspicions were confirmed. He joins American Top Team in Florida (led by Ricardo Libório).



SPEAKING OF JIU-JITSU AND MMA...

Japanese MMA event, Rinzin Fighting, has two jiu-jitsu superstars competing soon. Kron Gracie's second MMA fight will be against Asen Yamamoto.

The event will also be the MMA debut for Gabi Garcia against Lei'D Tapa.

The event will take place in Japan on December 31st, 2015.

BJJ TOUR – NEVADA

Taking place at the Sports Center of Las Vegas, The BJJ Tour Tournament in Nevada was held on November 14th, rewarding its champions with cash prizes. Zenith BJJ was the first place team in the Juvenile, Adult, and Master Division with a total of 13 gold medals. Cascao Jiu-Jitsu took home a total of five golds in the Juvenile Division to take home the Kid's Team Award.

BJJTOUR.COM

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WEIGHING IN

A NEW ARES . . .

JIU-JITSU TEAMS ARE MANY THINGS. THEY'RE AN ASSOCIATION OF PEOPLE AND ACADEMIES WHO COME TOGETHER TO FORM AN ALLEGIANCE WITH EACH OTHER. Like in politics, some of the reasons teams could come together are political, or driven by a business decision. Founding members of Ares BJJ; Samir Chantre, Osvaldo Queixinho, Milton Bastos, and Alan Moraes started Ares BJJ with a different purpose. They made it very clear that they don't want affil tions, but they want family members. They want "a sense of home and community," and that was a vital force in the launching of the new association. Check out aresbjj.com for more details.

QUESTIONS WITH ARES FOUNDING PARTNER – SAMIR CHANTRE

DID ANYONE OF THE FOUNDING MEMBERS RECEIVE ANY BACKLASH FROM EXISTING ASSOCIATION RELATIONSHIPS?

NOT REALLY. IT WAS SOMETHING NATURAL SINCE ALL OF US HAVE BEEN TEAMMATES BEFORE. Me, Queixinho, and Milton were teammates not long ago and Alan was who promoted me from orange belt to black belt. So I don't think it was a surprise to anyone that we started this team, maybe what surprised a lot of people was how big we started.

HOW LONG HAS THIS BEEN IN THE MAKING?

HONESTLY I CAN TELL YOU TWO MONTHS, ONE YEAR OR SIX YEARS... TWO MONTHS AGO WAS WHEN ME AND MILTON LEFT OUR LAST ASSOCIATION AND WORKED TO MAKE THIS OFFICIAL, ONE YEAR AGO WAS WHEN QUEIXINHO LEFT THE SAME ASSOCIATION AND A LOT CHANGED ON THAT PERIOD, AND FINALLY SIX YEARS AGO WHEN I MOVED TO AMERICA TO FOLLOW MY DREAMS AND THAT WOULD INCLUDE ONE DAY BUILDING THIS TEAM WITH SOME OF MY BEST FRIENDS AND MY PROFESSOR ALAN THAT I WAS LEAVING BEHIND BUT NEVER REALLY LEAVING!

WHERE DO YOU SEE ARES BJJ 5 YEARS FROM NOW? 10 YEARS FROM NOW?

I REALLY SEE ARES BJJ BEING ONE OF THE BIGGEST ASSOCIATIONS IN THE WORLD.
WE STARTED A COUPLE OF DAYS AGO WITH APPROXIMATELY 20 ACADEMIES AND WE ARE ALREADY RECEIVING APPLICATIONS EVERYDAY. We have a goal of spreading BJJ all over the World and change people's lives through BJJ. We have a very particular vision of association that we think lacks in BJJ nowadays so this is what we want to promote. We don't want just new associations, we want new family members! Winning tournaments will be just a consequence of the work we will be putting in.

WHO CAME UP WITH THE LOGO?

WE HAD A DESIGNER WORKING ON IT. I SENT A COUPLE OF IMAGES AND IDEAS FOR HIM TO FOLLOW AND HE CAME UP WITH THAT LOGO.
HOW DID THE NAME ARES COME UP?

WE WERE LOOKING ON NAMES BUT NOTHING WOULD SOUND RIGHT, UNTIL I STARTED LOOKING INTO MYTHOLOGY WHICH I KNEW I WOULD BE ABLE TO GET SOMETHING OUT OF THAT. ARES IS THE GOD OF WAR IN GREEK MYTHOLOGY, SO I THINK IT RELATES WELL TO A FIGHTING SPORT, BESIDES, IT'S AN EASY, SHORT AND NICE NAME! All the other founders like it, so it is!

ARESBJJ.COM

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BRITISH & EUROPEAN CHAMPION

WEIGHING IN

LARGEST JIU-JITSU CLASS EVER

On November 25, 2015, the world's largest recorded martial art class (jiu-jitsu) in the world took place in Abu Dhabi. With 2,481 participants from Abu Dhabi schools, the event took place at the Abu Dhabi National Exhibition Centre to make it a Guinness World Record. The largest class also coincided with UAE National Day and National Sports Day.

UAEJJF.ORG

GUINNESS WORLD RECORDS
CERTIFICATE
The largest Jujutsu (Jiu-jitsu) lesson was achieved in an event organised by UAE JFF, ADEC, and Palms Sports (all UAE) at ADNEC, in Abu Dhabi, UAE, on 25 November 2015
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MATAR O CANCER!

A very good friend of the jiu-jitsu community as a whole, is Paul Moran. You may not know his name, but for years he's been the host of multiple podcasts, including the very popular Open Mat Radio. For years, Paul has had his share of ups and downs battling cancer. Well, Paul has lots of friends many of which have collaborated to create this awesome rashguard with proceeds going to help Paul's medical expenses. Paul is the type of guy that wouldn't ask for any help, so that's where his friends stepped in and took it upon themselves. The rashguard features the artwork of Lisa Del Toro with the "Just Another Lion to Kill" theme. This very limited edition rashguard features the logos of contributors to the cause; Scramble, Gawakoto, OTM [On The Mat], Meerkatsu, Newaza Apparel, and Paul's own Open Mat Radio. It's available in XS through XXL, but quantities are limited so don't wait. It is available through Scramble. Check it out.

SCRAMBLESTUFF.COM OPENMATRADIO.COM

ERRATA

In last month's edition, Issue 39, page 105 in the MRSA "On and Off the Mat" article, the sentence, "Another option that's common among grapplers are Defense Wipes from Defense Soap," does not necessarily represent the views of the author or the CDC. Dr. Day does not specifically endorse any products, and we apologize if that was the impression given.

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PROMOTIONS

NEW BROWN BELT

ERIK PAULSON WAS TAUGHT BY TWO LEGENDARY TEACHERS, RICKSON GRACIE AND RIGAN MACHADO. He recently surprised Travis Newaza with a brown belt this past November. Travis has been training with Paulson the last two years, learning both sport and combat jiu-jitsu. In addition, Travis also trains catch wrestling under the tutelage of Paulson. Great job Travis!

New Black Belts!

Black belt promotions are always a special thing. Chris Colley and Vasile Victor Ciocoiu were promoted to the rank of black belt on November 2, 2015. It's never an easy road to black belt. We appreciate your love for Jiu-Jitsu Magazine and congratulate you on achieving the rank of Black Belt!

Making Time to Train

Demitra started training with her husband (Alan) under Roy Dean at Top Notch Martial Art Academy about a year ago. Since then, she's been training five days a week, along with attending seminars and private lessons. Oh, and she trains at her own private gym with her husband Alan as well. Demitra helps run a successful martial arts school, raises three kids, and trains more often than most, making her promotion to blue belt that much more satisfying. Congratulations Demitra!

PURPS!

Congratulations to 41-year-old Bobby Ryan of Infinite Jiu-Jjitsu Academy on receiving his purple belt from the one and only Royce Gracie!

BUCKHEAD JIU-JITSU

Congratulations to Brenton Guy on getting his blue belt from Sam Joseph at Buckhead Jiu-jitsu in Atlanta, Georgia!

PROMOTION

A SALUTE TO A NEW BROWN BELT

Active duty jiu-jitsu practitioners often travel a lot sometimes, making it more difficul to find time to train. We are proud and happy to hear Ruben Perez, an active Army Sergeant, received his brown belt under Ray Casias, 2nd Degree Black Belt under Robert Drysdale, a fellow U.S. Army Vet. Ruben currently trains out of Fort Campbell, KY with the Ft. Campbell Combatives Competition Team.

CAREER CHOICES

It's difficult so times for people to really find their place in life. With so many different career options, it can be pretty overwhelming for young people to choose a path. You can never really go wrong by doing what you love though. 17-year-old Christian Hudgins has been training since the age of six at Universal MMA in Camas, WA with Mel Locke. It's had such a positive impact on his life that after 11 years of training, he dreams of having his own jiu-jitsu gym and sharing the joys of jiu-jitsu with others one day. We congratulate Christian on receiving his purple belt, and wish him luck in his pursuits!

TAKING IT
BACK TO
BASICS

Tatami

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BREAKFAST BEAT DOWN

BREAKING DOWN A BALANCED BREAKFAST

WORDS: **MACKENZIE ARRINGTON**

BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY. WE HAVE HEARD THE SAYING A MILLION TIMES, YET FOR SOME REASON WE OFTEN FIND OURSELVES SACRIFICING IT FOR A FEW EXTRA MINUTES OF SLEEP IN THE MORNING OR SKIMPING FOR ONLY A QUICK SNACK BECAUSE WE ARE NOT ALWAYS HUNGRY IN THE MORNING. Well, we are robbing ourselves of vital nutrients and a proper start to the day. In my free ebook, Your Inner Campfire, our metabolism is compared to a campfire. We should strive to build an even burning fire that lasts throughout the day. Imagine being out in the cold woods without a fire. That is what we are doing when we start the day without breakfast. Breakfast is all about setting our bodies up for success throughout the day. Without it, we are continually playing catch up rather than making any progress.

COMMON EXCUSES FOR SKIPPING BREAKFAST

THERE ARE A TON OF EXCUSES FOR MISSING BREAKFAST BUT HONESTLY, NONE OF THEM ARE TANGIBLE BECAUSE WITH A LITTLE PREP, THEY CAN ALL BE AVOIDED. SHORT ON TIME IN THE MORNING? Don't always feel hungry? Does the idea of having to cook in the morning make it feel like one more task within the day? Well lucky you, there is an answer to every problem coming up. Prepping breakfast for the week will save on time and cooking. If you are not a fan of eating in the morning, why not opt for drinking a delicious smoothie you prepared the night before? Before we do anything though, we should always ask what we are eating and why we are eating it.

THE BREAKDOWN

FATS: THE BUILDING BLOCK OF BREAKFAST. BACK TO THE CAMPFIRE ANALOGY, FATS ARE YOUR FUEL LOGS. The big pieces of wood that are going to keep your metabolism burning for awhile, but they have to be paired with proteins, carbohydrates, and sugars to take hold. You cannot throw a bunch of big logs on a fire and expect it to light.

PROTEINS: THE KINDLING TO OUR METAPHORIC FIRE. PROTEINS ARE ESSENTIAL IN EVERY MEAL ESPECIALLY BREAKFAST. Proteins are paired with fats to help them burn. Luckily a lot of breakfast proteins come with a fat source of their own which almost seems planned...

CARBOHYDRATES AND SUGARS: THE TINDER TO OUR FIRE AND NO, I DO NOT MEAN THE DATING APP. TINDER IN A CAMPFIRE ARE THE LITTLE BITS OF LEAVES, WOOD SHAVINGS, AND PAPER THAT IGNITE QUICKLY TO HELP START THE BURNING OF KINDLING AND LOGS. A breakfast of primarily carbohydrates will give you a quick energy boost but will not last, and a breakfast without carbs and sugar will sit heavy and useless.

TOP BREAKFAST FOODS BY CATEGORY

WHEN IT COMES TO BUILDING YOUR PERFECT BREAKFAST, YOU SHOULD FOCUS ON GETTING A BALANCE OF NUTRIENTS RATHER THAN COUNTING CALORIES. MIXING AND MATCHING SOME OF THE FOLLOWING ITEMS TO ENSURE THAT YOU ARE GETTING GOOD FATS, PROTEINS, CARBOHYDRATES, AND SUGARS IN AT THE START OF YOUR DAY IS ESSENTIAL. Breakfast can be stacked in calories and in large portions because you will be setting up the fire that is the base for your entire day.

GOAL

MIX AND MATCH TO MAKE YOUR BREAKFAST CONSIST OF 45% FAT, 35% CARBS & 20% PROTEIN. AIM FOR 35G PROTEIN.

VEGETABLES: CARBOHYDRATE. ½ CUP ASPARAGUS: FAT: 0G CARBS: 4G PROTEIN: 2G

FRESH FRUITS: CARBOHYDRATE/SUGAR. 1 BANANA: FAT: 0.4G CARBS: 27G SUGAR: 15G PROTEIN: 1G

EGG WHITES: PROTEIN: FAT: 0G CARBS: 0.25G PROTEIN: 3.5G

GREEK YOGURT: PROTEIN/ CARBOHYDRATE. 8 OZ: FAT: 0G CARBS: 10G PROTEIN: 22G

SWEET POTATO: CARBOHYDRATE. BAKED SWEET POTATO: FAT: 0G CARBS: 24G SUGAR: 7 G PROTEIN: 2.5G

OATMEAL: CARBOHYDRATE. 1 CUP: FAT: 2.5G CARBS: 25G PROTEIN: 6G

GRANOLA: CARBOHYDRATE. ½ CUP CLASSIC GRANOLA: FAT: 2.5G CARBS: 36G SUGAR: 6G PROTEIN: 6G

MAPLE SYRUP: SUGAR. 1 TBSP MAPLE SYRUP: FAT: 0G CARBS: 14G SUGAR: 12G PROTEIN: 0G

WHOLE EGGS: FAT/ PROTEIN. WHOLE EGG: FAT: 6G CARBS: 0.6G PROTEIN: 6G

BACON: PROTEIN/FAT. 3 SLICES OF BACON: FAT: 8G CARBS: 0.3G PROTEIN: 7G

BERRIES: CARBOHYDRATE/ SUGAR. 1 CUP MIXED BERRIES: FAT: 0G CARBS: 16.5G SUGAR: 6G PROTEIN: 1G

POTATO: CARBOHYDRATE: ½ CUP HASH BROWN: FAT: 15G CARBS: 24G PROTEIN: 2G

HONEY: SUGAR. 1 TBSP HONEY: FAT: 0G CARBS: 17G SUGARS: 18G PROTEIN: 0.1G

NUT BUTTERS: FAT/PROTEIN. 2 TBSP PEANUT BUTTER: FAT: 16G CARBS: 6G PROTEIN: 8G

SAUSAGE: FAT/ PROTEIN. SERVING OF SAUSAGE: FAT: 20G CARBS: 0G PROTEIN: 20G

BREADS: CARBOHYDRATE. ONE SLICE OF BREAD: FAT: 1G CARBS: 13G PROTEIN: 2G

GO JUICE:

COFFEE IS NOT BREAKFAST, BUT THAT DOES NOT MEAN IT SHOULD BE SKIPPED. COFFEE SHOULD BE CONSUMED AFTER YOU HAVE EATEN BREAKFAST. Coffee is an appetite suppressant that can spike your energy levels but leave you crashing afterwards. If you drink your coffee after you have eaten, then the coffee will be absorbed through the food, resulting in a more even boost of energy over time.

BOTTOMS UP:

IMAGINE HOW DRY YOUR MOUTH IS WHEN YOU FIRST WAKE UP. NOW, DO YOU THINK IT IS ONLY YOUR MOUTH THAT IS DRY? Nope! Your throat, stomach, and intestines are also suffering from your slumber. You should always drink 1-2 pints of water first thing in the morning to hydrate your system. You wouldn't eat breakfast with a bone dry mouth would you? So why treat your stomach the same way? Water helps facilitate the breakdown of nutrients.

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Tarec Saffiedine MMA, UFC

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SISU™

THE COMPLETE CASSEROLE

MAKES 6-8 PORTIONS

INGREDIENTS

1 Sweet potato, peeled
1 – 2 Tbsp Maple syrup
1 Onion, small diced
1 lb Hot and Sagey Breakfast Sausage
½ cup Fresh spinach
2 Tbsp ketchup
¾ cup Cheddar cheese, shredded
8 Eggs
½ cup Milk
Salt
Freshly ground black pepper
3-4 Dashes of your favorite hot sauce
1 tsp Garlic powder
1 medium-large casserole dish

PREPARATION

01. First thing you need to do is preheat the oven to 375 degrees F.

02. Spray the casserole dish with a little cooking spray or rub with butter to prevent sticking.

Time to work in layers.

03. **Using a peeler,** "shave" ribbons of sweet potato directly into the bottom of the casserole dish. As you peel and get closer to the core of the potato, just rotate it around until you are left with a little thing core. You want about 1" – 1 ½" of sweet potato in the dish.

04. **Drizzle with maple syrup.**

05. **While the oven is heating,** place a large non-stick pan over medium-high heat and add a drizzle of oil.

06. **Add in crumbled sausage.** Don't worry about cooking it all the way through, it will finish in the oven. We just want to get some color on it.

07. **Remove the sausage from the pan** and place it into the casserole dish.

08. **Keep the oil in the pan** and return it to medium-high heat.

09. **Toss your onion into the pan,** sprinkle with a little salt and pepper, and sweat them down for 2-3 minutes until they become translucent and aromatic.

10. **Once your onions are like you** after class, sweated down and aromatic, add them to the casserole.

11. **Combine eggs, milk, garlic powder, hot sauce, ½ tsp salt, ½ tsp black pepper** in a large bowl and whisk vigorously for about 30 seconds.

12. **Add the spinach, ketchup, and cheese** evenly over the sweet potato, onions, and sausage. Then pour over egg mixture to just cover. If your dish is shallow and the egg doesn't cover it, simply whisk a few more eggs with a little milk and add them in.

13. **Place the whole thing in the oven** and bake for 35-45 minutes, or until the eggs have set in the middle.

14. **Remove from the oven** and wait 5 minutes for the casserole to cool down.

15. **Slice and eat immediately.** Portion into slices for post training and refrigerate or even freeze portions for later use. This is fantastic hot or cold.

CONCLUSION

BREAKFAST SHOULD NEVER BE SKIPPED OR SKIMPED ON. IF YOU MISS BREAKFAST, YOUR BODY WILL BE CONTINUALLY PLAYING CATCH UP THROUGHOUT THE DAY. You never want to start a jiu-jitsu match from behind and your day should be no different. Take the time to ensure you have a good breakfast ready for you in the morning. If you are eating breakfast regularly, you won't need those few extra minutes of sleep in the morning because you will be a well oiled machine. If you want more breakfast ideas or nutritional breakdowns of breakfast foods, swing over to **grapplergourmet.com**, your culinary gym, to learn all sorts of ways to submit food. As always: Eat well. Train hard. OSS.

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PHOTO: ALEX BARCELONA

PROBIOTICS

Good For A Grappler's Gut!

WORDS: **JEREMY REID**

THIS ISSUE I WILL BE DISCUSSING IS PROBIOTICS. WHILE PROBIOTICS CAN BE VERY BENEFICIAL, IT IS A STRANGE CONCEPT TO GET ON BOARD WITH. Probiotics are actually living bacteria that you ingest in hopes of improving health. Wait, what!? Yes, you read that correctly, you actually ingest bacteria. This may seem crazy, but there is actually "good bacteria" inside your body that is necessary for your health. Your digestive tract is filled with both good and bad bacteria. Maintaining the balance between the good and the bad bacteria is important for optimum health. This has become a problem in the past 20 to 30 years with the "germ" obsession and increased use of antibiotics, antibacterial soaps, disinfectants, etc... It also can be a concern for jiu-jitsu practitioners as we often rely on antibacterials to fight off skin infections. While it is possible to get probiotics from our diets, the typical American diet generally does not provide enough. So unless you want to start downing large amounts of sauerkraut, pickles, kimchi, and yogurt, taking a probiotic supplement may be your best bet to maintain this delicate balance.

FOODS WITH PROBIOTICS:

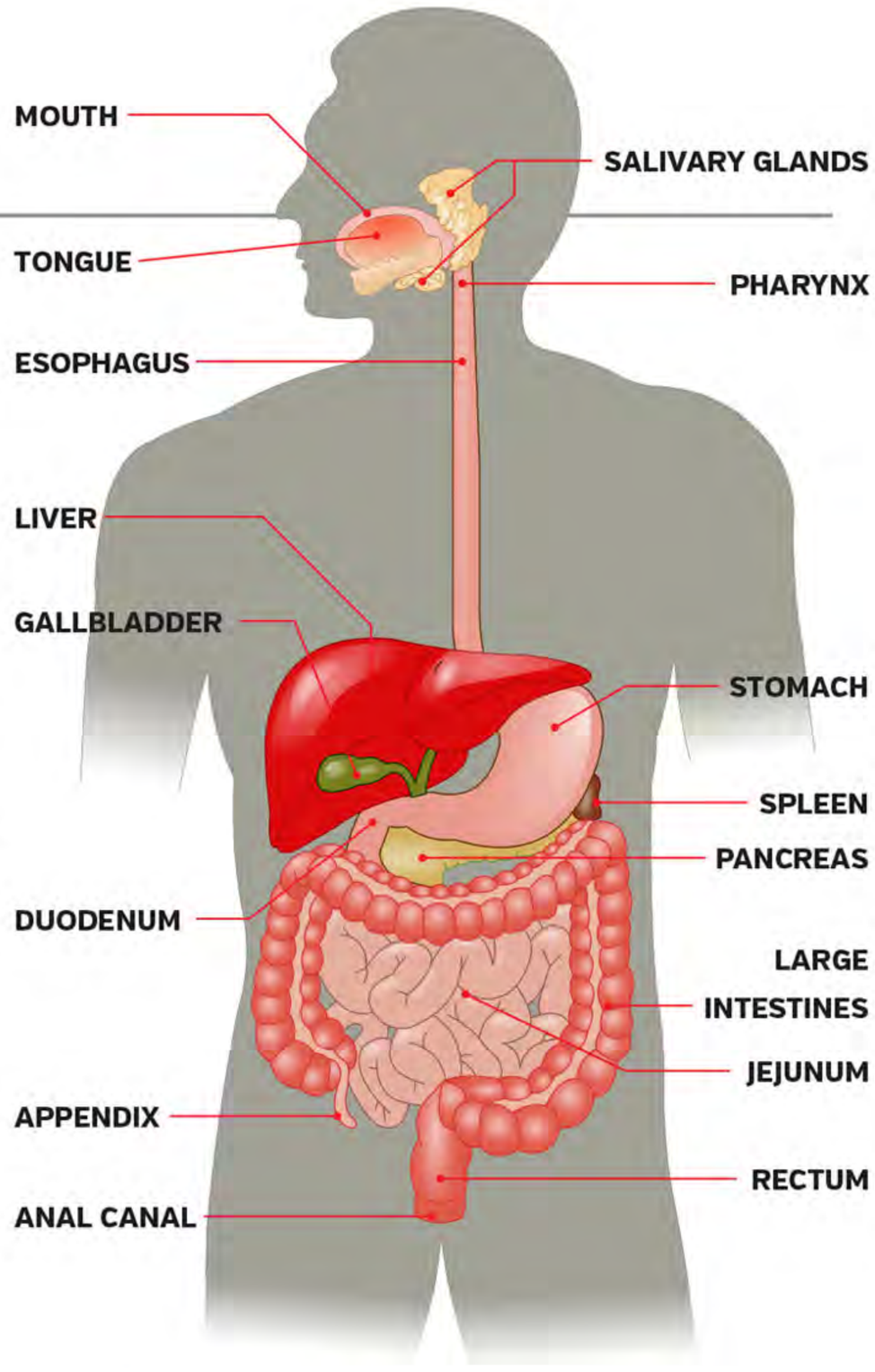
YOGURT

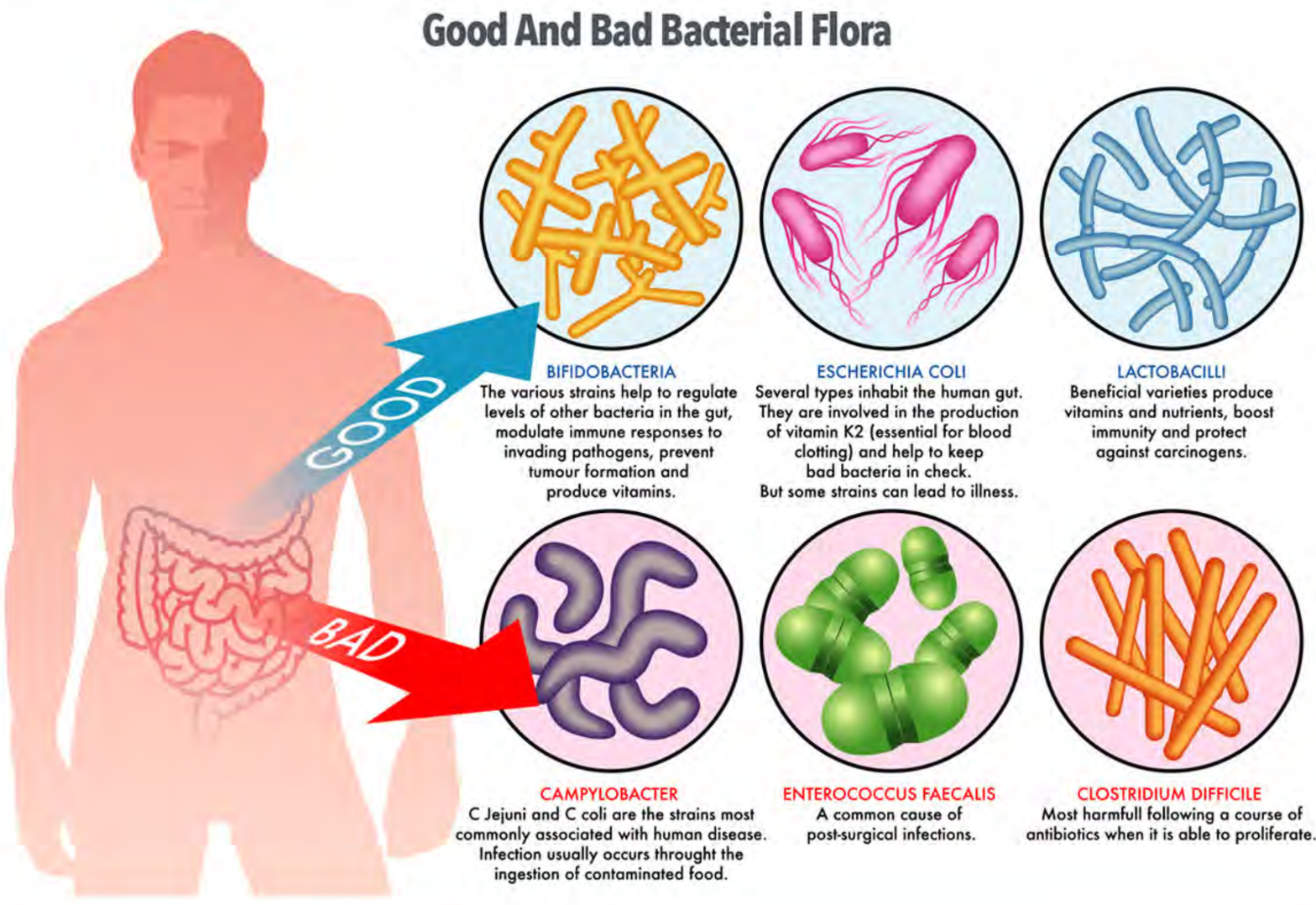
KEFIR

SAUERKRAUT

HOW THEY WORK

Probiotics are believed to benefit the body in a couple of ways. The first way is by improving and optimizing the digestive tract. The digestive tract serves a very critical role in maintaining health in the body. Besides simply digesting food and ensuring nutrients get into the body, the digestive system is also responsible for filtering out toxins, chemicals, and other waste products. It also keeps things moving through your body effici tly. The better your digestive tract functions, the greater the nutrient absorption of the food you eat. This can lead to greater recovery and performance as well as just overall improved health. It can also make cutting weight easier. Probiotics have also been shown to improve the immune system. It is a little known fact but around 70% of our immune system resides in our intestines. The lining of our intestines are full of lymph nodes and creates a pathway for our immune system to attack and fight off unwanted viruses and bacteria. The epithelial lining of the intestines forms a barrier against pathogenic microbes preventing them from entering the bloodstream. Think of it like the fortress walls of our immune system. This is important for everyone, but especially important for grapplers. We tend to come into contact with quite a few more germs and bacteria than the average person. We quite literally roll around in them. A strong epithelial lining is critical to defend against these pathogens. However, without the proper "good" bacteria present, the epithelial cells cannot regenerate. This will lead to a weak epithelial lining and allow more pathogens in. Probiotics promote epithelial cell survival and growth; thus ensuring your fortress walls stay strong. Another immune system benefit of probiotics are their ability to help prevent and/or minimize inflammation in the digestive tract. They do this by both decreasing pro-inflammatory cytokines as well as stimulating production of immunoglobulin A. Cytokines are small proteins that are responsible for effecting communication between cells. In the context of the article, they are essentially the Paul Revere of inflammation. They spread the inflammation signal from cell to cell, greatly increasing inflammation. While inflammation is necessary for fighting off an attack, chronic inflammation can interfere with optimal functioning of the immune system as well as lead to number of other conditions. Research has shown that probiotics may not only reduce the likelihood of getting sick but also may reduce the duration of the illness. One study using professional rugby players determined probiotic supplementation reduced occurrence of the common cold by 27% and cut duration of the illness nearly in half.




Good And Bad Bacterial Flora
GOOD
BAD
BIFIDOBACTERIA
The various strains help to regulate levels of other bacteria in the gut, modulate immune responses to invading pathogens, prevent tumour formation and produce vitamins.
ESCHERICHIA COLI
Several types inhabit the human gut. They are involved in the production of vitamin K2 (essential for blood clotting) and help to keep bad bacteria in check.
But some strains can lead to illness.
LACTOBACILLI
Beneficial varieties produce vitamins and nutrients, boost immunity and protect against carcinogens.
CAMPYLOBACTER
C Jejuni and C coli are the strains most commonly associated with human disease. Infection usually occurs throught the ingestion of contaminated food.
ENTEROCOCCUS FAECALIS
A common cause of post-surgical infections.
CLOSTRIDIUM DIFFICILE
Most harmfull following a course of antibiotics when it is able to proliferate.

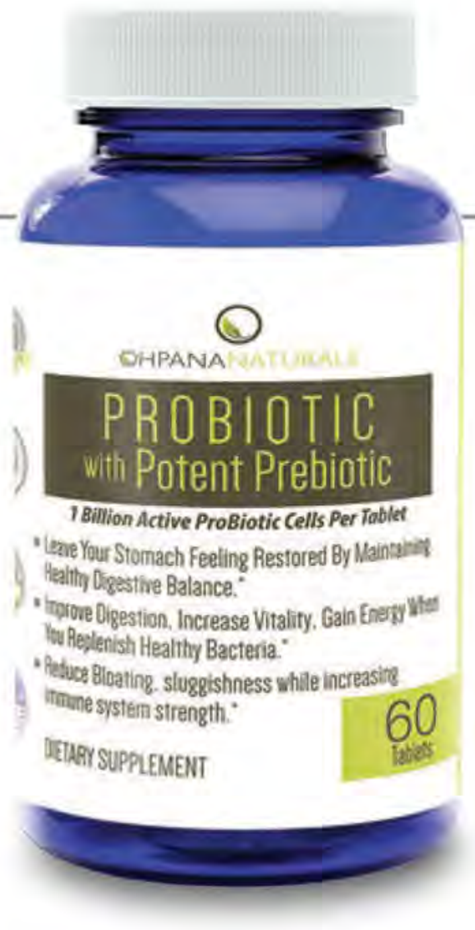
KIMCHI

PICKLES

MISO

WHAT TO LOOK FOR

One of the biggest problems with probiotic supplements is picking out a high quality one. While this is true for almost all supplements, it is especially true for probiotics. There are many different strains (specific bacteria) and the dosage ranges are literally in the billions. The first big issue is the path the supplement needs to take to get where it belongs is not exactly the most friendly or easy path. Your digestive tract is a tough place. Your stomach can be a very treacherous place for probiotics and unfortunately, a lot will not make it past this acidic environment. It is important to note that certain strains have a greater chance of survival and therefore can and will be more beneficial. But this brings us to another problem, most companies do not list the individual strains on the label. Without knowing the exact strains, it makes it very difficul to try and determine the best product. This is why I would recommend trying to find a product that has this information available. It may not be on the label. You may have to do some research online but if you can find the different strains included, you will have a better chance of picking a high quality supplement. This will also protect you against another problem seen with probiotic supplements: some probiotic supplements are filled with only one common strain. Optimally, you want a probiotic supplement that has a blend of different strains. Since it is impossible to know exactly which strains you need individually, a good blend will help ensure you are achieving the necessary balance. Some of the better strains to look for include: Lactobacillus acidophilus, Lactobacillus reuteri, Bifidobacterium bifidum, Bifidobacterium longum, and Saccharomyces boulardii. Another solution for ensuring the probiotics make it to their final destination is finding "enterically coated" capsules. These capsules are designed to break down slower than regular capsules and should protect their contents until after they pass the stomach and enter the small intestine. As for dosages, there really is no set standard. Some of the better products will contain upwards of 30-50 billion CFUs (colony forming units) but most on average are around 5-10 billion CFUs.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Reduce Bloating, sluggishness while increasing immune system strength.*
60 Tablets
DIETARY SUPPLEMENT

FOODS WITH PROBIOTICS:

TEMPEH

KOMBUCHA

❖ Some food products that are high in probiotics will list which healthy bacteria they're rich in.

INGREDIENTS:
Pasteurized Skim Milk, Cane Sugar, Blueberries, Fruit Pectin, Live Active Cultures

LIVE ACTIVE CULTURES:
L. lactis subsp. lactis, L. lactis subsp. cremoris, L. lactis subsp. lactis biovar diacetylactis, Leuconostoc subsp. cremoris, S. thermophilus, L. bulgaricus, L. rhamnosus, L. casei, L. acidophilus, Bifidobacterium sp.

PROBIOTIC CULTURES PER SERVING:
L. acidophilus + Bifobacterium sp. + L. casei 1 billion

Filmjölk is the name for traditional drinkable yogurt in Sweden; it is slow fermented using Lactococcus and Leuconostoc culture strains which give it a soft buttery flavor. Filmjölk is to Scandinavians what kefir is to Eastern Europeans and it can be enjoyed straight from the bottle or poured over fruit or granola. We make our filmjölk with milk from family farms in

SUPPLEMENT FACTS

Serving size: 2 capsules **Servings per container:** 30

	Amount Per Serving	% Daily Value
Proprietary Blend		
Lactobacillus acidophilus		*
Lactobacillus casei		*
Lactobacillus plantarum		*
Lactobacillus reuteri		*
Lactobacillus rhamnosus		*
Lactococcus lactis		*
Lactobacillus bulgaricus		*
Lactobacillus helveticus		*
Lactobacillus salivarius		*
Total Lacto Probiotic Cultures	**19.92 billion**	
Bifidobacterium breve		*
Bifidobacterium longum		*
Bifidobacterium bifidum		*
Total Bifido Probiotic Cultures	**4.08 billion**	
Fructo-oligosaccharides (FOS)	100 mg	
Total Lacto/Bifido Cultures	**24 billion**	

*Daily Value not established

Other Ingredients: Gelatin, Calcium Carbonate, and Magnesium Stearate.

Warning: If you are pregnant, nursing, or taking any medications, consult your doctor before

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

CONCLUSION

Maintaining the balance between good and bad bacteria in your digestive tract is absolutely necessary for health. Our modern diets and lifestyles have led to an imbalance and loss of good bacteria. This can lead to a weakened immune system, chronic inflammation, poor nutrient absorption, waste buildup, and other more serious issues. Combine that with the demands we put on our bodies as jiu-jitsu athletes, and our increased exposure to pathogens - our risk gets pretty high. Probiotics can be an effective and beneficial way to get this balance back. While finding a good probiotic supplement may take a little time and research, it is definitely worth it. You may be amazed at the difference it can make.

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BOOTSTRAPPER SQUATS

WORDS: **WILL SAFFORD**

BOOTSTRAPPER SQUATS ARE AN EXCELLENT EXERCISE FOR MOBILIZING THE LOWER BODY BEFORE JIU-JITSU TRAINING. IT'S ALWAYS IMPORTANT TO WARM-UP DYNAMICALLY BEFORE EXERCISE, MEANING MOVING THROUGH RANGES OF MOTION AS OPPOSED TO HOLDING STATIC POSITIONS FOR A SET TIME.

Bootstrapper squats allow you to dynamically mobilize the hip, knee, and ankle joints while stretching and warming the hamstrings, glutes, thighs, and lower back. These areas are extremely important for playing all types of guards, keeping a low base while passing, and ultimately, most jiu-jitsu based movements. This exercise can be performed with weight, however as a warm-up it's best to be done with bodyweight alone.

STARTING POSITION

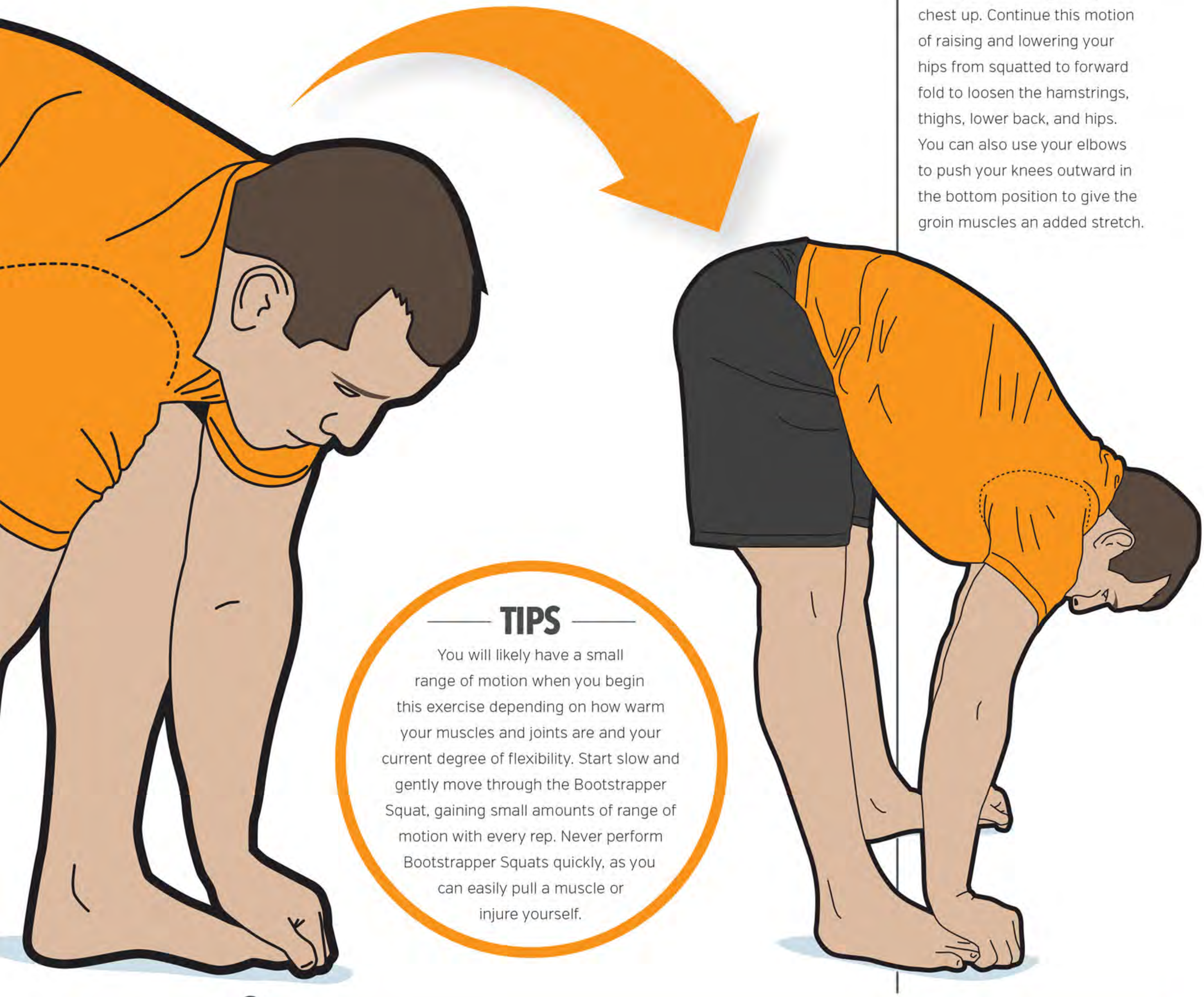
Start in a deep squat position with your feet straight or slightly turned out, chest up, and hips low. Grab over the front of your toes with your hands and start prying out your hips to loosen your inner thighs and hip sockets. Keep your chest up and sit back, trying to maintain vertical shins in the bottom position.

THE MOVE

Drop your head and upper body forward while straightening your legs and raising your hips in the air. You should be in a forward fold position at the top of the movement, feeling an intense stretch in your hamstrings. For the first few repetitions, keep a slight bend in your knees at the top of the movement to allow the backs of the legs to loosen. Once you've warmed up a bit, you can lock out your knees and give your quads a squeeze in the top position.

FINISHING POSITION

After holding the top position for a moment, drop your hips back down into the bottom of a squat, finishing with your chest up. Continue this motion of raising and lowering your hips from squatted to forward fold to loosen the hamstrings, thighs, lower back, and hips. You can also use your elbows to push your knees outward in the bottom position to give the groin muscles an added stretch.



TIPS

You will likely have a small range of motion when you begin this exercise depending on how warm your muscles and joints are and your current degree of flexibility. Start slow and gently move through the Bootstrapper Squat, gaining small amounts of range of motion with every rep. Never perform Bootstrapper Squats quickly, as you can easily pull a muscle or injure yourself.

PRESCRIPTION

As a warm up or drill, aim for 2 sets of 10 reps without using any weight. As part of a workout, try 3-4 sets of 10–20 reps depending on your goal. You can hold a light to medium sized kettlebell or weight plate in your hands for an added stretch and resistance, however, it is not advised to lock out the legs fully at the top position. Instead, maintain a flat back throughout the movement and go from a squat to a Romanian Dead Lift position when using weight.

IDEAS TO IMPROVE GRAPPLING OFFICIATING

WORDS **DAVID KARCHMER**

IN 1993, ROYCE GRACIE DISPLAYED THE EFFECTIVENESS OF JIU-JITSU TO THE WORLD. THE MOMENTUM OF THE FIRST UFCS, FOLLOWED BY THE INTERNET AGE, AND THE ADVENT OF SOCIAL MEDIA HAVE CAUSED TREMENDOUS GROWTH IN THE POPULARITY OF THE ART. More and more schools are opening, existing schools of traditional arts are incorporating jiu-jitsu into their programs, and even online training programs are now available. Naturally with this increased volume of students taking some form of grappling, there has been a commensurate growth in the sport, creating more and more tournament organizations.

There are prestigious international tournaments and even talk of making jiu-jitsu or submission grappling an Olympic sport. So to satisfy this thirst for more and better competitions, further legitimizing the sport and taking them to the next level of mainstream legitimacy, there has to be a solid competitive infrastructure for competitors, coaches, and spectators to rely on. While the tournaments do not have to be the same themselves, there are certain steps that should be taken to ensure a unified approach for everyone to understand.

MANTO

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UNIFIED RULES

The growth of MMA to mainstream success can be partially attributed to the adoption of unified rules. Unified rules enable a seamless understanding of the competition for sanctioning bodies, tournament organizations, competitors, and spectators. Grappling really would benefit from this type of adoption, although it can be considerably more complicated than something like MMA. Certainly it can be done, as in Tae Kwon Do, Greco-Roman and Freestyle Wrestling, Judo, and all Olympic sports. It would not have to be confined to one element either – there could be distinct sets of unified rules for gi, no-gi, and submission-only grappling. This way it would not impede on anyone's preference for the type of grappling they prefer. Ultimately though, a unified ruleset should capture the spirit of jiu-jitsu with an emphasis on self-defense, dominant positions, submissions, and not on inactivity and/or strategic exploitation of the rules.

02 TECHNOLOGY

Cameras are everywhere - smaller, cheaper, and with higher quality than ever before. It makes sense to consider utilizing these extra eyes to assist referees in making the correct call. Instant replay is a viable option and can help referees quickly resolve disputes over existing calls. Naturally, a mechanism must be devised within the rules to how and when these instances of instant replay can be used or when they may be invalidated. One idea is a coach's challenge rule, one that permits coaches the opportunity to request instant replay on behalf of competitors. While these types of double-check instances could be welcomed, it's not something that should be overdone to the point of slowing down matches or tournament flow. Additionally, costs and time may be prohibitive in providing each tournament competitor these technological options so they may have to be selectively available; maybe starting with the black belt divisions. Regarding professional events that pay prizes and perhaps even collect PPV money, it may become a requirement that these uses of technology be included in the events.

THREE-REFEREE SYSTEM

For those unfamiliar, two additional referees are located in chairs in the opposing corners of the match area. Those referees have the same power as the referee in the center and scoring must be confirmed by at least two of the three referees. If they are in agreement, the corner referees remain seated. But should they disagree, they stand up and gesture a score or penalty points to be awarded or subtracted. This method serves as an immediate double-check for the center referee, offering both different viewpoints and experience levels, and can help minimize errors and speed error-correction. It's currently typically employed by some organizations only for semi-finals, finals of high rank matches, and super-fights. Wider adoption of this system could produce significant results but the challenge is the requirement of having three referees for each individual match, which is a rather costly endeavor for most tournament organizations. Sometimes, the three-referee system is even further enhanced with instant-replay technology, creating the most reliable offic ting today.

IMPROVED TRAINING COURSES

Outside of the standard IBJFF rules certifications, there are hardly any quality referee training courses available. And understand, those Federation certifications are very often someone just literally reading the rulebook to you. Frankly, rules certifications by their very design are meant to provide clarity to the written rulebook, and often don't cover the wide variety of necessary referee skills which include ring control, commands, error correction, customer service, and professionalism. These other skills, if absent or neglected, can have an equally significant impact to the outcome of matches or to the tournament experience.

ABOUT THE AUTHOR

David 'Silverfox' Karchmer is a 1st Degree black belt and has been training for over 15 years. David's martial arts background spans over two decades and includes a black belt in Tae Kwon Do that he received in 1993. His jiu-jitsu journey began at Gracie Thornwood, NY in 1999 after he took a seminar with Royce Gracie and knew he was hooked on the art. In addition to training and instructing, David has focused the last seven years on offic ting grappling competitions and has offic ted over 3000 gi and no-gi matches at over 60 events for multiple organizations. He is a previous head referee at Grapplers Quest, current head referee at FIVE Grappling, and routinely offic tes events around North America.

TYING YOUR JIU-JITSU BELT

WORDS & PHOTOS: **STAFF**

BEFORE COMING ONTO THE MATS OF YOUR FIRST JIU-JITSU CLASS, AND BEFORE YOU LEARN ANY TECHNIQUE, YOU MUST FIRST WEAR THE PROPER ATTIRE. THE GI IN JIU-JITSU IS A TRAINING GARMENT THAT HAS CARRIED OVER FROM OTHER MARTIAL ARTS, SUCH AS JUDO. The gi is composed of the jacket, pants, and a belt that holds the jacket closed. Your belt is very symbolic, signifying your rank, progression, and knowledge about your practice.

Tying your belt in jiu-jitsu is one of the first lessons you will learn. It is very important because you will be doing it throughout your entire jiu-jitsu career. There are several different ways to tie a belt, but three seem to be the most common in jiu-jitsu. We explore each of them in this article, showcasing pros and highlighting cons. Our step by step will help you learn how to properly tie your jiu-jitsu belt for any situation.

Like tying a necktie, the method you use is completely up to you. Different situations may call for a different type of tie.

THE TRADITIONAL

If you've never had any martial arts experience prior to jiu-jitsu, this is probably the way your instructor will show you.

PROS:

- Quick. The fastest way to tie a jiu-jitsu belt out of all methods explored.
- Easy. This method is the easiest to teach to kids, and can be done easily blindfolded.

CONS:

- Belts overlap when viewed from behind. May not be the most aesthetically pleasing for some.

ONLINE VIDEO **PLAY VIDEO**

STEP 1

With the labels facing out, take the middle of the belt and place the flat side on your belly. Then pull each side tight.

SIDE NOTE: As a general rule of thumb, I always start with the belt label/logo on the right side, and the stripes on the left. eversing this will not impact the tying process.

STEP 2

Bring both strands of the belt around your back, feeding each strand to the opposite hand.

STEP 3

Extend both sides in front of you to tighten the belt. At this point, make sure both sides are still even. Make adjustments as needed to ensure one side is not longer than the other.

STEP 4

Take the right side and overlap the left side

STEP 5

Take the right side and feed it under all layers of the belt. Coming in from the bottom and out from the top.

STEP 6

Tie a knot with your belt by taking the bottom belt (should be in your right hand), looping it around the left strand. Once the knot is formed, pull tight.

FINISHED

THE KARATE/TAEKWONDO WAY

Although there maybe different ways within Karate and Taekwondo to tie a belt, this is one of the most common.

STEP 1

Face your belt logo away from you, and line it up with the end of your lapel. It doesn't have to be perfect, but in the ballpark.

STEP 2

Loop the belt around your waist twice.

STEP 3

Take the left side and tuck it under all layers of your belt. Coming in from the bottom and out through the top.

STEP 4

Take this time now to adjust the belt so the two ends are roughly about the same length.

STEP 5

Take the left side (should be the higher belt end) and place it over the right side. Feed the right side under and through the space that has been created. Pull the belt tight.

STEP 6

Pull the belt tight!

PROS:

- Very neat, leaves no overlap around the back.
- Simple, and easy to teach.

CONS:

- Depending on the belt, not as secure for jiu-jitsu.
- Can take some practice to get the length just right.

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THE BLACK BELT WAY

Don't let the name deceive you; this method is not restricted to black belts. It is actually the way most judoka (judo players) tie their belts. When done correctly it's very difficult to come loose.

PROS:

- Solid and less likely to come off during training
- Works well with new belts that tend to be stiff (like new black belts)

CONS:

- Slightly more complex and time consuming.

STEP 1

Place the mid point of your belt on your belly and begin to loop each side around your back.

STEP 2

Bring both strands of the belt around your back, feeding each strand to the opposite hand.

STEP 3

Bring both strands back around and pull them tight, making sure both sides are equal in length. Make adjustments at this point so the belt is equal in length.

STEP 4

Cross the left side over the right

STEP 5

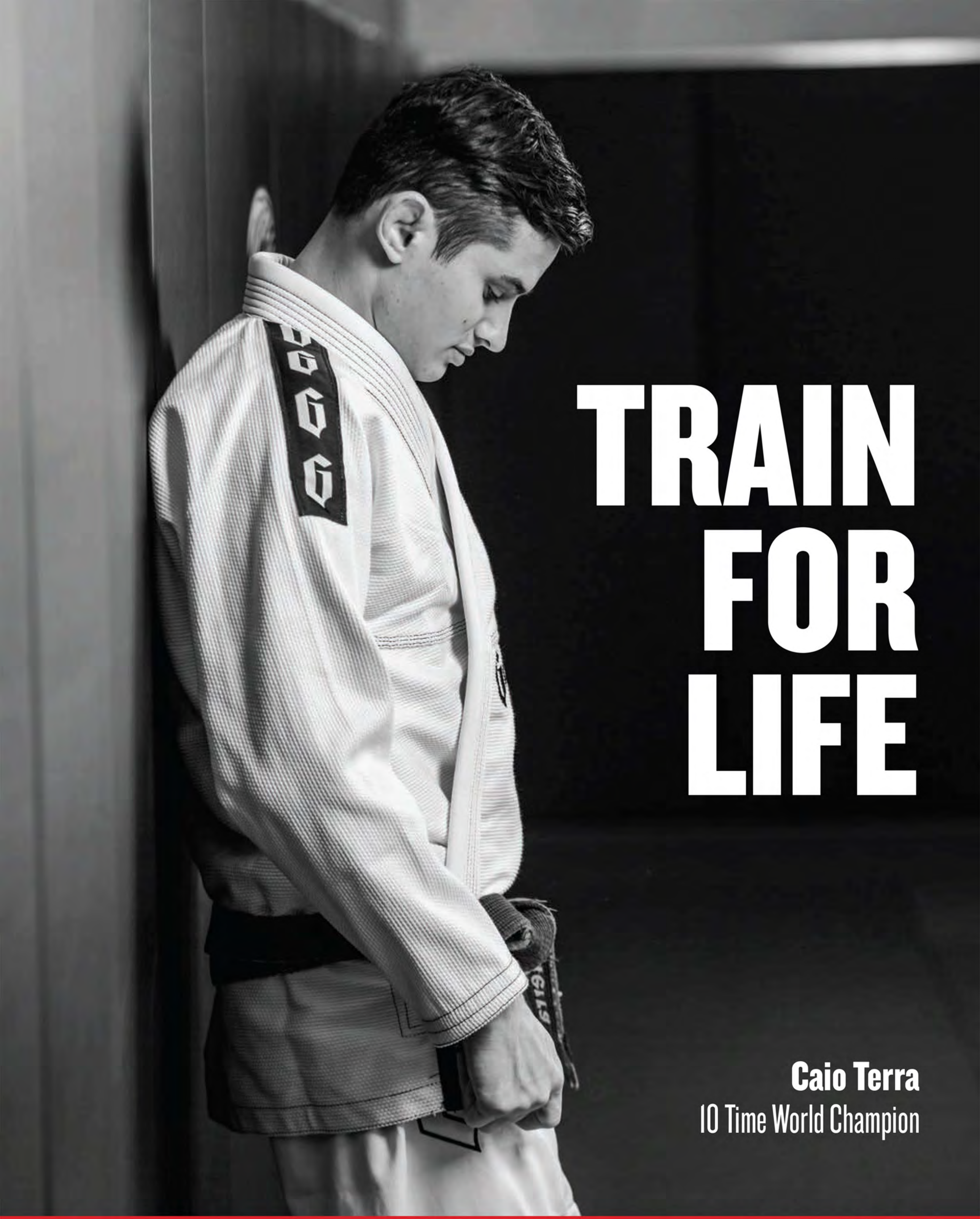
Take the right side and feed it under all the layers of your belt. Pull tight.

STEP 6

Take the right side and now feed it partially under the top layer of the right side of your belt. Do not pull your belt tight just yet.

STEP 7

Take the left end of your belt and loop it through the opening on the right.



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RHALAN GRACIE

PUSHING THROUGH

WORDS: **MIKE VELEZ** | PHOTOS: **JASON BOULANGER**

CHALLENGES ARE A PART OF LIFE. EVERYDAY WE'RE FACED WITH CHALLENGES, SOME SO SMALL THEY MIGHT JUST FEEL LIKE ROUTINE. BUT OTHER TIMES, CHALLENGES HIT US SO HARD THAT WE MIGHT QUESTION OURSELVES ON HOW AND IF WE'LL EVER OVERCOME THEM. Right now, I'm thinking to myself, "how am I going to convey to you what I need to in this story while paying the subject, and the people, the respect they so rightfully deserve?" I'll be honest, at this exact moment staring into the screen on my laptop, I don't know that I will. So with that, I will do my best. The subject of this month's cover story is Rhalan Gracie. You may not know who Rhalan is, or why he's on the cover. There are lots of people worthy of being on the cover of the magazine, or even having their story told. When we make the decision of who we put on the cover of the magazine, there are lot of factors that go into consideration. High up on the list is "who's going to sell the most magazines while staying true to our mission?" It's a business of course. If you don't pick up the magazine and walk it over to the checkout counter, then eventually we're out of business. Another factor is who deserves it, usually this has to do with competition wins, or who contributions to the jiu-jitsu community. This past year, Rhalan has had to endure some of the most difficult challenges f his life, both physical and emotional. Despite these difficul times, his spirit is resolute on overcoming them and realizing that better days are ahead. Some injuries never completely heal but with the drive and desire to persevere, Rhalan is proving that he has the heart and soul of a champion.

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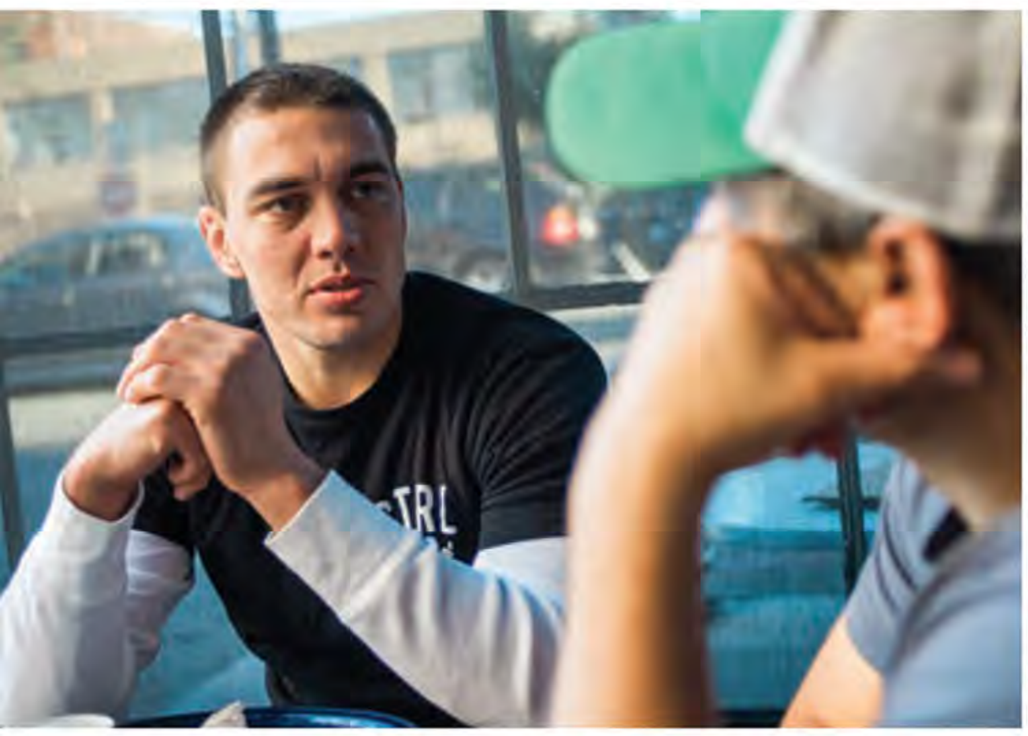
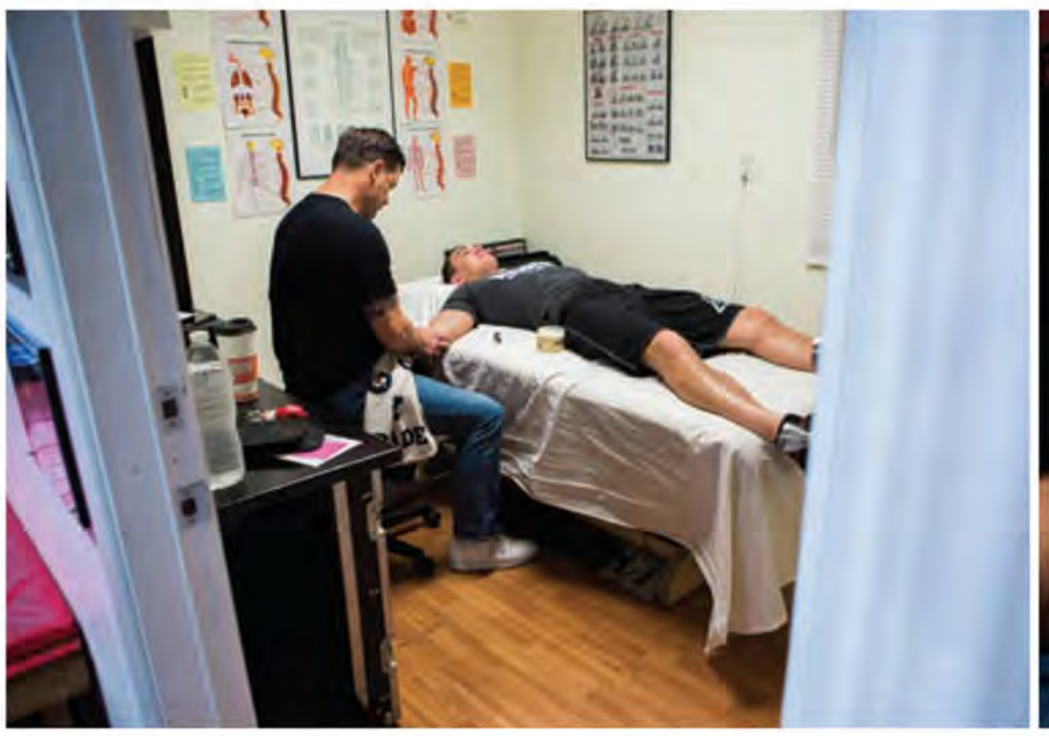




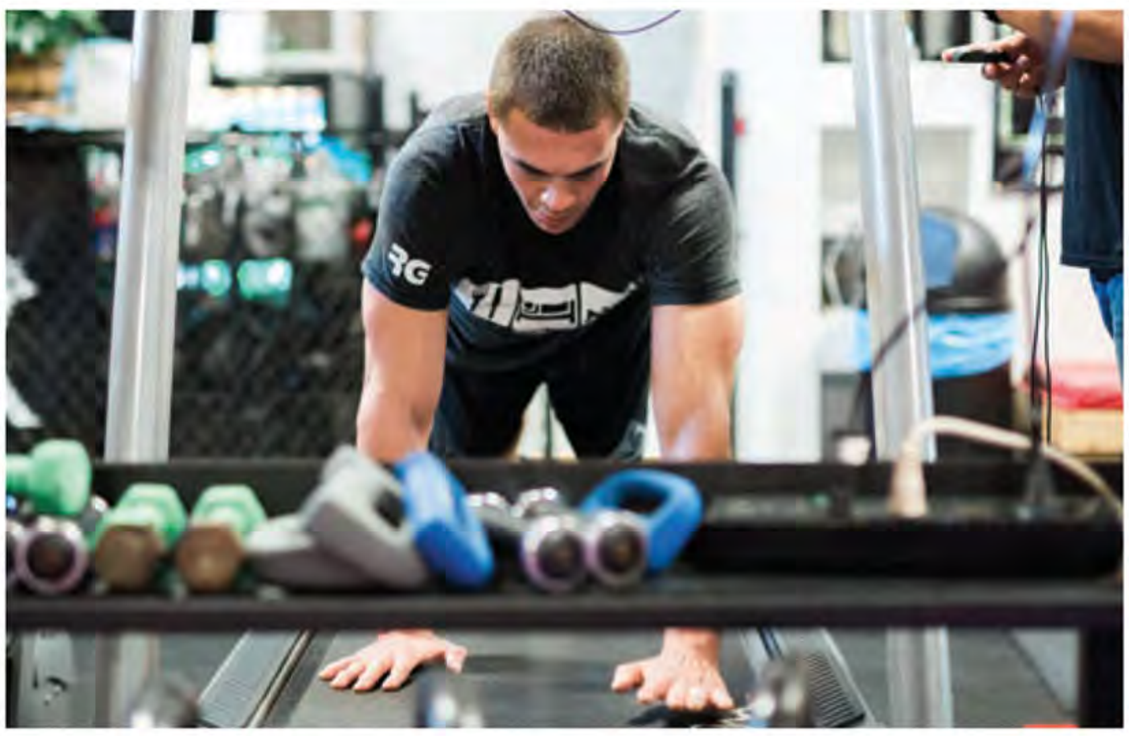
ABOUT RHALAN

RHALAN GRACIE, PRONOUNCED "HOLLAN" LIKE THE COUNTRY BUT WITHOUT THE "D", IS THE SON OF RELSON GRACIE AND GRANDSON OF HELIO GRACIE. RELSON IS THE SECOND OLDEST SON OF HELIO AND ONE OF THE FEW LIVING RED BELTS IN JIU-JITSU TODAY. To say that Rhalan has strong roots is an understatement. Rhalan is 28 years old and received his Black Belt in 2011 from his father while teaching under him in Hawaii. Rhalan was born in Carmel, California, but as a young kid, his parents divorced. Being exposed to jiu-jitsu early as a kid, he didn't really take it seriously until he was about 13. Growing up, Rhalan moved around a lot. He spent time growing up in California, Florida, Iceland, and Brazil. Living two years in Iceland, he managed to pick up the language. So if you ever need an English to Portuguese to Danish translation, then he's your man. When Rhalan finally settled in Hawaii, he was able to devote the time needed to jiu-jitsu to become a championship caliber athlete. In 2013, he decided to make his own path. So he spoke to his cousin, Ralph Gracie, about coming to train and teach with him back near his birthplace, the Bay Area. Ralph Gracie Jiu-Jitsu is home to head instructor Kurt Osiander along with a hungry crew of up and coming jiu-jitsu fighters. Rhalan Gracie doesn't have a whole lot of big wins under his belt just yet, but Rhalan's managed to make waves in the competitive ranks winning silver at the Worlds at brown belt, and most recently winning Black Belt Medium/Heavy at the American Nationals.

HEARTBREAK AND STRENGTH

Not long after moving back to the Bay Area, it was one fateful morning when a young woman named Connie Tai caught his eye. Being a pretty straightforward guy and not one to beat around the bush, he decided to sit directly across from Connie at a Chipotle where they were both enjoying lunch. After making direct eye contact quite a few times, Connie finished her lunch and left. eeling a little dejected, Rhalan finished up lunch, until he felt a tap on his shoulder. It was Connie giving him her number. The two ended up starting a romance that's usually reserved for a big screen romance. Connie took an immediate liking to jiu-jitsu, would train regularly with Rhalan, even when he wasn't around, and would accompany him at all of his tournaments. If you happen to watch any of Rhalan's matches on YouTube over the years, that voice cheering the loudest is no doubt Connie's. In April of 2015, Connie began complaining of some side pain and ended up in the hospital for an appendectomy. The routine procedure had apparently gone as planned and she was released to go back to the home where she and Rhalan shared. A few days went by and Rhalan told us that something didn't seem right. A few calls to the doctor and they reassured him that things were okay. That was until Connie told him that she was not well. Connie ended up being rushed to the hospital by ambulance. The doctor told Rhalan that had he not gotten her in when he did, she would not have made it. At that point, it was apparent that the situation was serious. And although it seemed as if things were under control, Connie passed shortly after returning to the hospital. The passing of Connie was a shock to Rhalan and everyone that knew her. Rhalan expressed to us that Connie was the one he had planned on spending his entire life with. A few days later, Rhalan discovered the words "Connie Gracie" written a few different ways on the back of a receipt. It was the first time he had ever seen that slip of paper and it was clear that Connie's feeling about Rhalan were mutual.

Despite the devastating loss of someone so close to him on so many levels, Rhalan found solace in jiu-jitsu; it helped to keep him centered and present. Such a loss can have a devastating



impact on the people left behind. Rhalan c edits jiu-jitsu with helping him get through this time in his life, without looking for other escapes such as drinking or drugs that on their own can have dire consequences. I asked Rhalan what picks him up when depression starts to set in and what keeps him going. His reply was, "I guess what keeps me fighting is when you work so hard for something, it's really hard to just let go. I put a lot of time and years and invested a lot in jiu-jitsu. The more obstacles, the more life puts in the way, the fact that I've already overcame so many things motivates me to keep going. Especially after this last life experience. I can't give up."

DOWN BUT NOT OUT

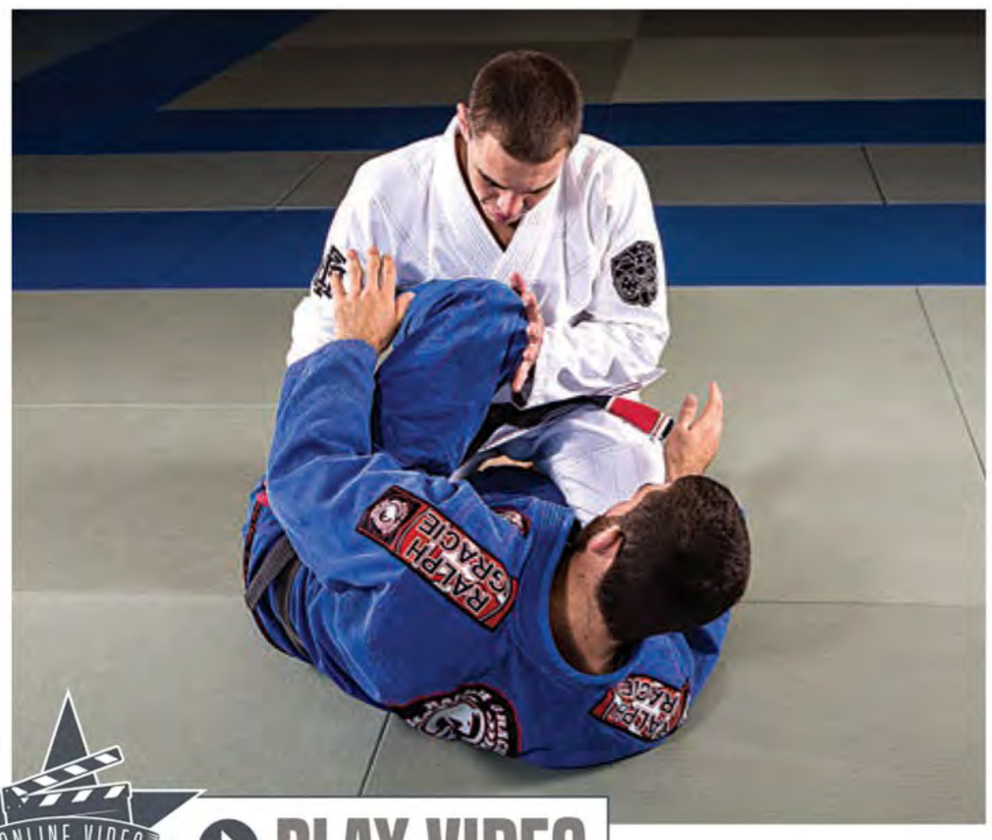
Emotional injury can be devastating and so can physical injury. Near the end of the finals match at the American Nationals this past July, Rhalan got caught in a pretty good armbar by fellow Black Belt, Brian Beaury. The angle was a bit awkward, but Brian went for it and despite the pain, Rhalan refused to tap. If you watch the video, you'll see around the seven-minute mark that Rhalan's right arm goes in a direction it shouldn't. He ended up winning the match on points but the injury required complete reconstructive surgery of the elbow. When we met up with Rhalan, he was undergoing treatment with Albert Salopek, who's been an injury consultant with the Oakland Raiders for the past fifteen years. At this point, it's been incremental improvement for Rhalan, taking it one day at a time. He's been given the go ahead to spar in February by his doctors. Until then, it's just teaching, drilling, and physical therapy. Rhalan's next goal on the horizon is to medal this year at the Pan Ams. Other medals he'd like to add to the collection would be an ADCC win and a World Championship. Having gone through so many challenges as of late, I asked Rhalan what would his best advice be to anyone else facing a great challenge right now- whether it be emotional or physical. "I believe your best moments come after difficulties, no tter how hard life hits you in the face. If you really love and believe in what you do, you can't let anything phase you. You have to push through and you have to keep fighting. You will run into obstacles: money, relationships, injuries, getting beat up - just keep pushing and break through that wall and you will get there."

After spending a day with Rhalan, I felt like he was someone I had known for years. His pleasant smile and genuine disposition are something you rarely see in someone so quickly, if ever. He's the walking embodiment of jiu-jitsu in its humility and understated strength. I have no doubt that you're going to see more of Rhalan this year, and for years to come. With that in mind, Rhalan shared with us some of his favorite techniques - a few variations of a knee shield guard pass along with some omoplatas and sneaky escapes to finish from the mount.

KNEE SHIELD HALF-GUAD PASS OPTIONS

STEP 1

Rhalan's in the knee shield half-guard. Rhalan uses his left hand to push Julian's knee away far enough to create some space to hook his right arm under the knee.



ONLINE VIDEO **PLAY VIDEO**

STEP 2

Rhalan pressures into Julian and grabs Julian's left side lapel with his right hand. Rhalan will pass the lapel with his left if needed. Rhalan wants a strong grip of the lapel; the higher the better usually.

STEP 3

Now Rhalan dives in with his left arm behind Julian's neck and drops his left hip to the mat, with his right foot posted on the mat. Rhalan will grab the fabric at the shoulder for control.

STEP 4

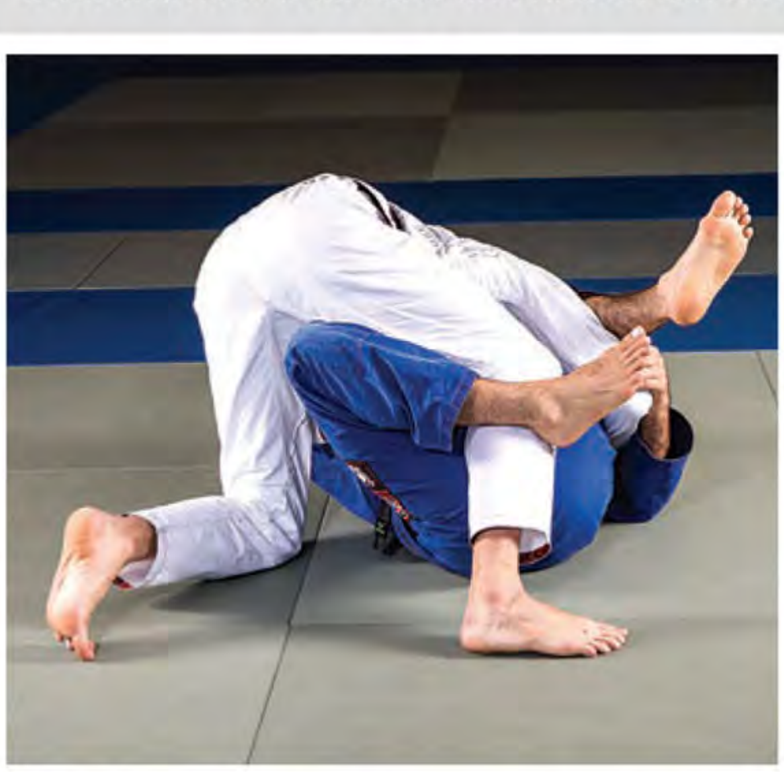
Rhalan's in a good spot now. He's intentionally keeping Julian's legs separated so they can't work with each other. From this point, he has three options on how to escape the leg depending on what Julian's giving him.

OPTION 1 – HIGH STEP

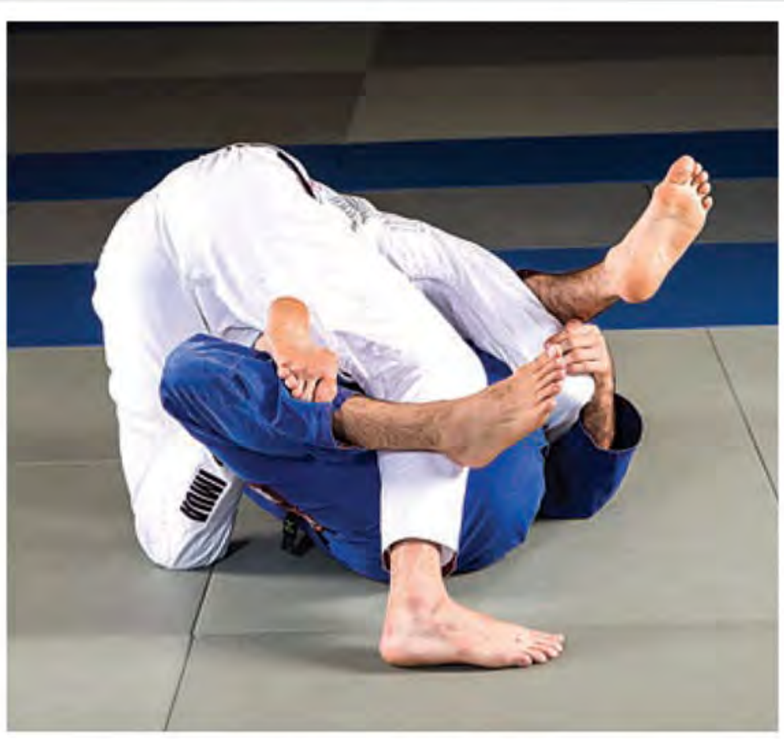
If Julian's not paying much attention with that leg, Rhalan can simply do a high-step up and over his right leg. Once the leg is clear, he can clear his left hand and move into side control.

OPTION 2 – KNEE HOOK

If Julian's hook is effective and Rhalan can't step over, then he'll look to hook the knee.

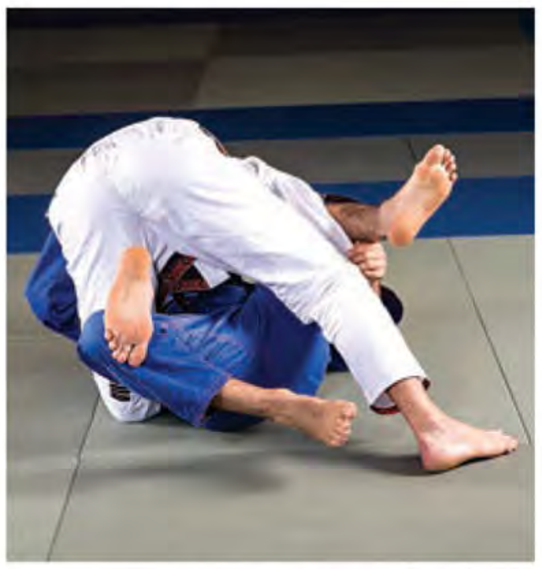


Rhalan brings his weight forward and posts his left knee to the mat.



Now he "windshield wipers*" his left foot on top of Julian's right knee, positioning it inside the thigh.

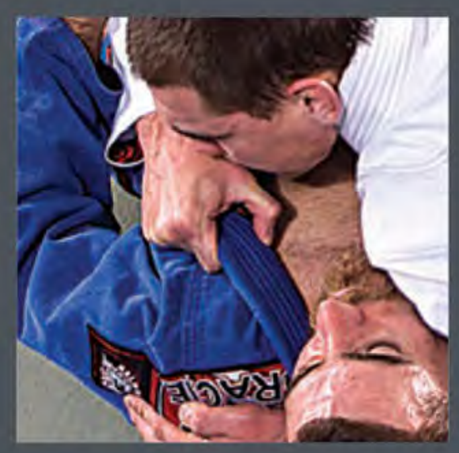
WINDSHIELD WIPER: Term used to describe an angling of the leg with the knee as the pivot.



Rhalan drops back to his left thigh, bringing Julian's right knee down with him. Once down, he does the high step to clear Julian's right leg. The foot on the knee keeps Julian from regaining the hook.

KEY POINTS

When Rhalan drops back down to his side, you might think he's in a bad position if Julian attempts to go belly down to get on top. But the control of the lapel and the arm under the leg makes it very difficult.



OPTION 3 – KNEE SLICE

If Julian's able to cross his legs before Rhalan can get his leg free, he'll go for a knee slice, or knee cut pass.

With the legs crossed, the first two options don't work for Rhalan. While sitting back on his right hip, he maintains his grips and "walks" his right foot up towards Julian's butt.

Once his knee has cleared Julian's thighs, Rhalan will let go of his grip and post his left hand to the mats off to the side and stand up on his feet to lift his hips.

As soon as he can, Rhalan points his right knee to the left and drives down and over Julian's right thigh.

Rhalan hasn't cleared the leg completely, his foot is still on Julian's thigh. But because of the under hook grip of the leg, he has no fear of shooting out his hips to clear the leg completely.

Once the foot's clear, Rhalan can bring that right leg forward for a scarf hold or move to a more traditional side control.

FOR EONS, THE ANCIENT ALIEN RACE OF ᜊᜎᜅᜒᜌ
WAS THE MOST ADVANCED RACED IN THE DUMMUG GALAXY.
UNTIL THE RUTHLESS, SAVAGE RACE OF THE QATARAS
INVADED THEIR PLANET AND ALMOST ERASED THEIR
ENTIRE CIVILIZATION.

THOSE WHO SURVIVED, SWORE THAT THEY'D
RECLAIM THEIR HOME.

ONE WAY OR...

--ANOTHER.

THEY SCOURED THE GALAXY TO GATHER
THE FEARLESS WARRIORS, WHETHER THEY LIKE IT
OR NOT TO JOIN THEIR ARMY.

BUT IT WASN'T EASY, SO MANY TIMES THEY
TRIED. SO MANY TIMES, THEY FAILED.

BUT THIS TIME, THEY KNOW THEY WILL
RECLAIM THEIR HOME, BECAUSE THIS
TIME--

THEIR ARMY IS LED BY
A FEARLESS CHAMPION

TO BE CONTINUED...

ART & DIALOGUE BY BONG ABAD

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LAPEL CONTROL OMOPLATA

Rhalan's going to use a scissoring motion with Julian's lapel and arm to ignite the momentum to get an Omoplata from the closed guard.

STEP 1

Rhalan starts on his back with Julian in his closed guard. The first thing he does is open up Julian's gi to get a hold of his left side lapel. Rhalan grabs low on the lapel with his right hand. The lapel is underneath Julian's left arm.

ONLINE VIDEO
PLAY VIDEO

STEP 2

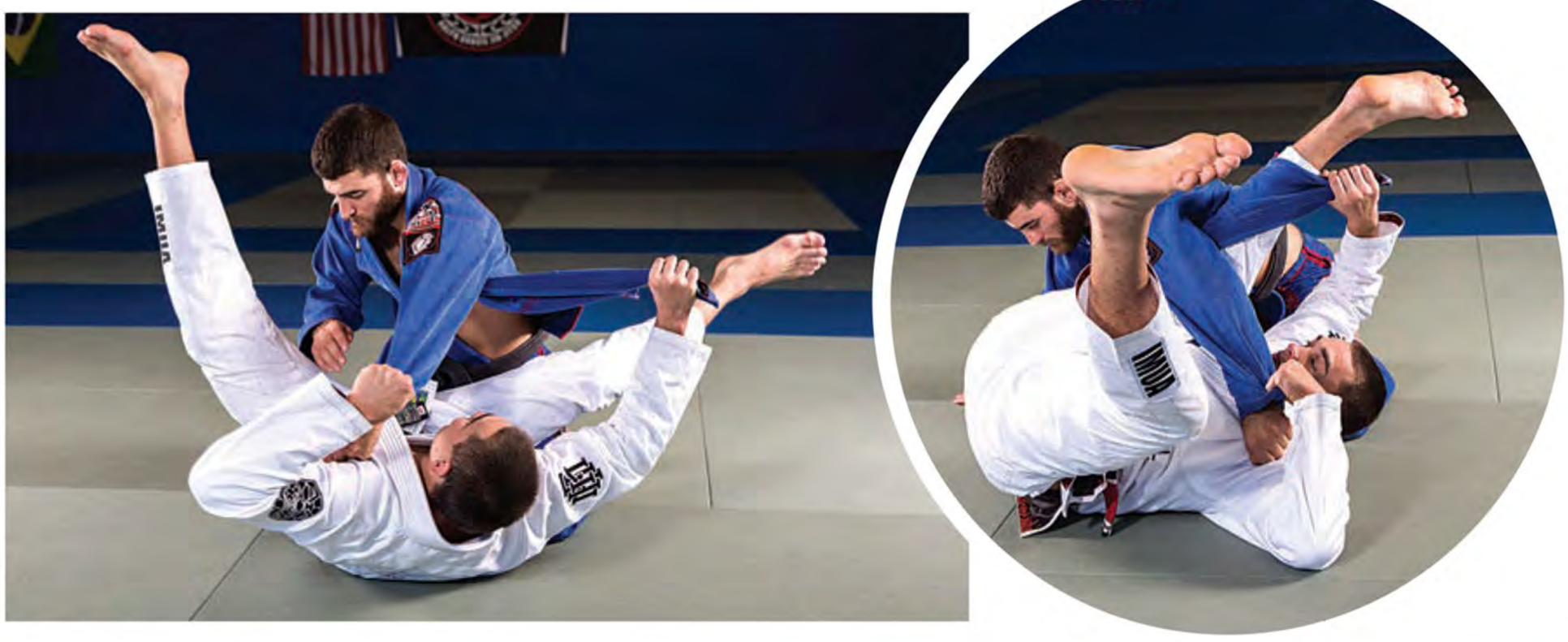
Using his left hand, Rhalan grabs Julian's left sleeve with a four-finger grip of the cuff.

STEP 3

Here's where the magic happens. Rhalan wants to "pop" the lapel to his right while at the same time pulling Julian's left arm to his left.

STEP 4

As Rhalan performs that "pop" with force, he opens up his guard and uses that momentum to force Julian forward with momentum coming from his right leg under Julian's left armpit.



STEP 5

With Julian leaning forward and Rhalan sitting up, he quickly reaches across Julian's back and grabs onto his right side lapel. If he can't find it, he'll hug Julian's body so that Julian can't do a forward roll out of the position.

STEP 6

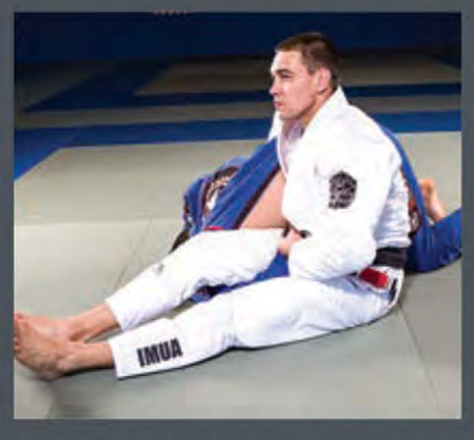
Rhalan continues to hold the grip of the sleeve and then punches Julian's hand between Rhalan's stomach and thigh into his hip.

STEP 7

Rhalan brings his left foot back, then his right and leans diagonally across Julian's back, to finish the Omoplata. The motion is as if Rhalan was trying to whisper into Julian's right ear. That's the usual finishing movement for the Omoplata that puts the most stress on the shoulder to finish the lock.

KEY POINTS

If Julian were able to rock back or sit up before Rhalan can turn his legs to finish, then Rhalan would extend his legs outward and pinch his knees together to regain control of the situation.



LAPEL CONTROL OMOPLATA FROM CLOSED GUARD

This variation can be done if your opponent stuffs the attempts of the previous Omoplata or on its own from the closed guard. You don't need to open your guard until quite a few other points are taken care of. That makes this a very low risk finish.

ONLINE VIDEO

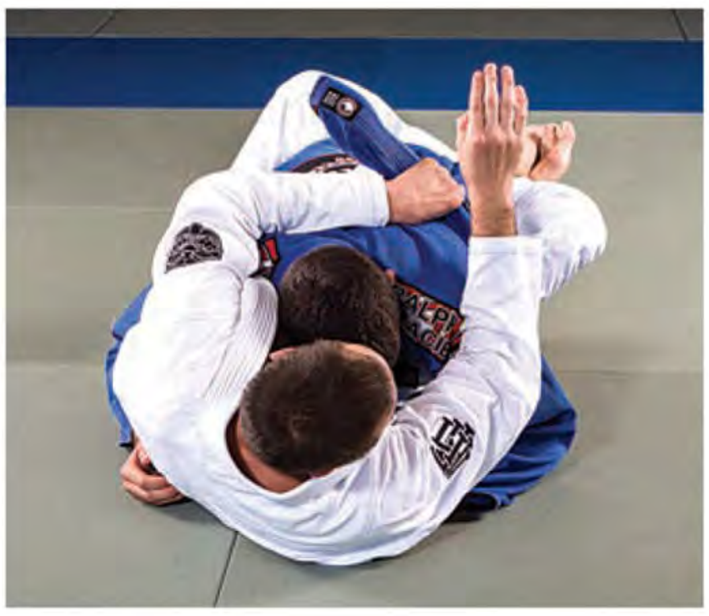
PLAY VIDEO

STEP 1

Rhalan's got the grip of the lapel and the sleeve but Julian sees what's coming and brings his elbow down the mat and gets heavy, too heavy for Rhalan to invert underneath him.

STEP 2

Since Julian's already broken his posture down, Rhalan reaches around his back with his left arm while extending the lapel outward as far as it will go.



STEP 3

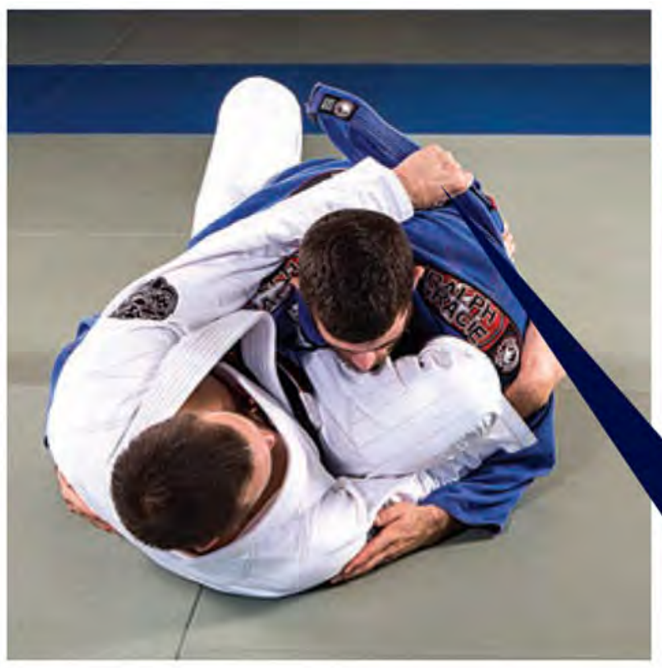
Now Rhalan passes the lapel from his right hand to his left, keeping it as tight as he can, while still having his guard closed.

STEP 4

Rhalan brings his right elbow in tight against his body while cupping his hand over Julian's left bicep.

STEP 5

Rhalan opens his guard, posts his left foot to the mat, and hips out to his left, generating enough space to bring his right knee up and in front of Julian's left shoulder.



REVERSE

NOTE: Rhalan doesn't let go of anything; he's controlling the lapel and Julian's left arm. He also brings both his feet to Julian's hips.

STEP 6

With everything secure and tight, Rhalan has a little bit of time to make his next move. While keeping everything tight, he lets go of the bicep and brings his right hand just below his left grip of the lapel.

STEP 7

Once the grip is transferred, he lets go of his left hand grip and lifts his left leg to reach underneath and re-grab the lapel.

STEP 8

Once the left hand is holding the lapel and it's threaded under his own left leg, Rhalan has Julian's right arm stuck. All Rhalan has to do now is lean back keeping his left side tight on Julian's trapped arm.

STEP 9

Using his right hand, Rhalan pushes the face away and brings his left leg in front of Julian to get into the perfect setup for the Omoplata.

STEP 10

Since Rhalan already has a grip of the left side lapel, he's neutralizing the forward roll escape. If Julian tries to extend his arm to escape, Rhalan grabs the arm and pushes the hand back down to his hip.

STEP 11

Before sitting up to finish, Rhalan likes to extend his legs to help bring Julian's shoulder back down to the mat.

4 x Brazilian Jiu-Jitsu World Champion

Guilherme Mendes

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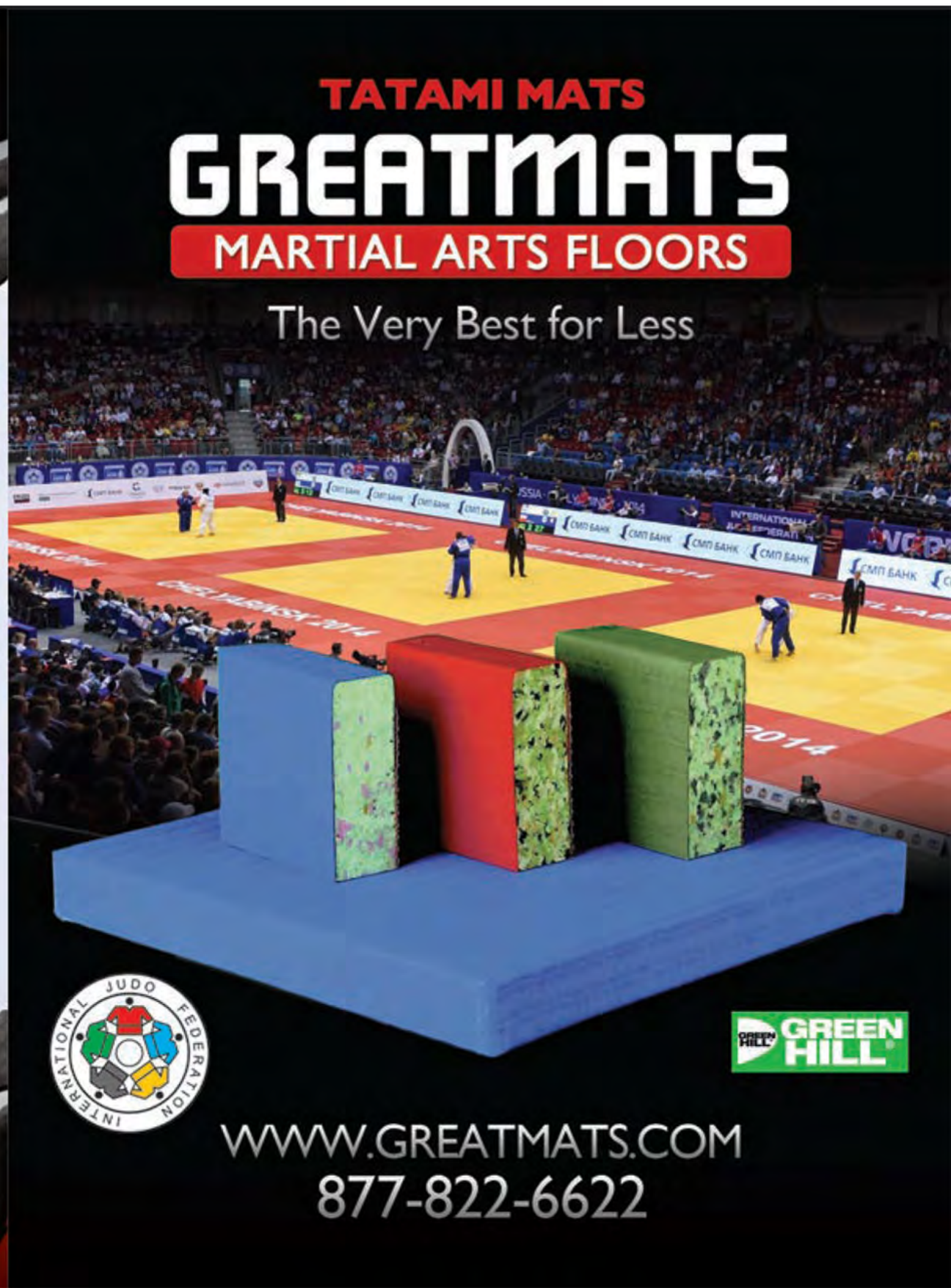

STEP 12

Finally, Rhalan sits up, posts his right hand to the mat for base, brings his legs back to his right side and reaches in with a four-finger grip on the collar behind Julian's neck to keep him from getting away. With the same motion as before, Rhalan leans forward to finish the shoulder lock.

MOUNT ESCAPE TO ANKLE LOCK

Sometimes when you're mounted, especially at the higher levels, your opponent might not fall for the typical trap and roll escape from mount. Maybe they're playing it low, and their arms are based out wide to secure the position. In this case, this may be a viable option.

STEP 1

Julian's mounted Rhalan. He's low and his arms are based out to maintain the position. Rhalan positions his hands under Julian's armpits and positions his feet so that his knees are bent and feet are posted on the mats.

PLAY VIDEO

STEP 2

When the time is right, maybe Julian's beginning to inch forward, Rhalan bridges up hard while at the same time extending his arms with his hands under the armpits.

STEP 3

Quickly Rhalan bends at the waist and brings his feet underneath the armpits to replace his hands. If this isn't done quickly, Julian might attack one of those outstretched arms.

TRUJITSU

Technique that never relies
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Technique that never requires
speed or athleticism...

That technique that never
depends on "Beast Mode" to
be e ective.

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STEP 4

Rhalan extends his body, rolling over his shoulder. This forces Julian forward and Rhalan escapes out the back door.

STEP 5

As Rhalan is rolling, he traps Julian's left ankle under his right armpit and arm. Rhalan attacks whichever side his head is on when he rolled. So, if Rhalan's head had been over to his left side, he would have used his left arm to attack Julian's other ankle.

STEP 6

Rhalan brings his hands together under his body and extends his body back to finish the straight ankle lock.

The straight ankle lock is legal at white belt and up. This is a technique that would definitely catch any lower belt competitor by surprise, even higher belts as well.

This technique could also be effective in MMA.

Rhalan has some pretty long legs. Depending on your height, or your opponent's height, if there's a large differential and you're the shorter of the two, this may not be effective. As with all the techniques we cover, it's best to drill this technique in training before attempting it in competition for the first time.

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GETTING BACK TO THE ROOTS!
WORDS: MACKENZIE ARRINGTON | PHOTOS: PATRICK FLORES
We all know the Gracie's are the root of Brazilian Jiu-Jitsu, but do you know the roots of your food?
THE IMPORTANCE OF BASE
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ROOT STORAGE

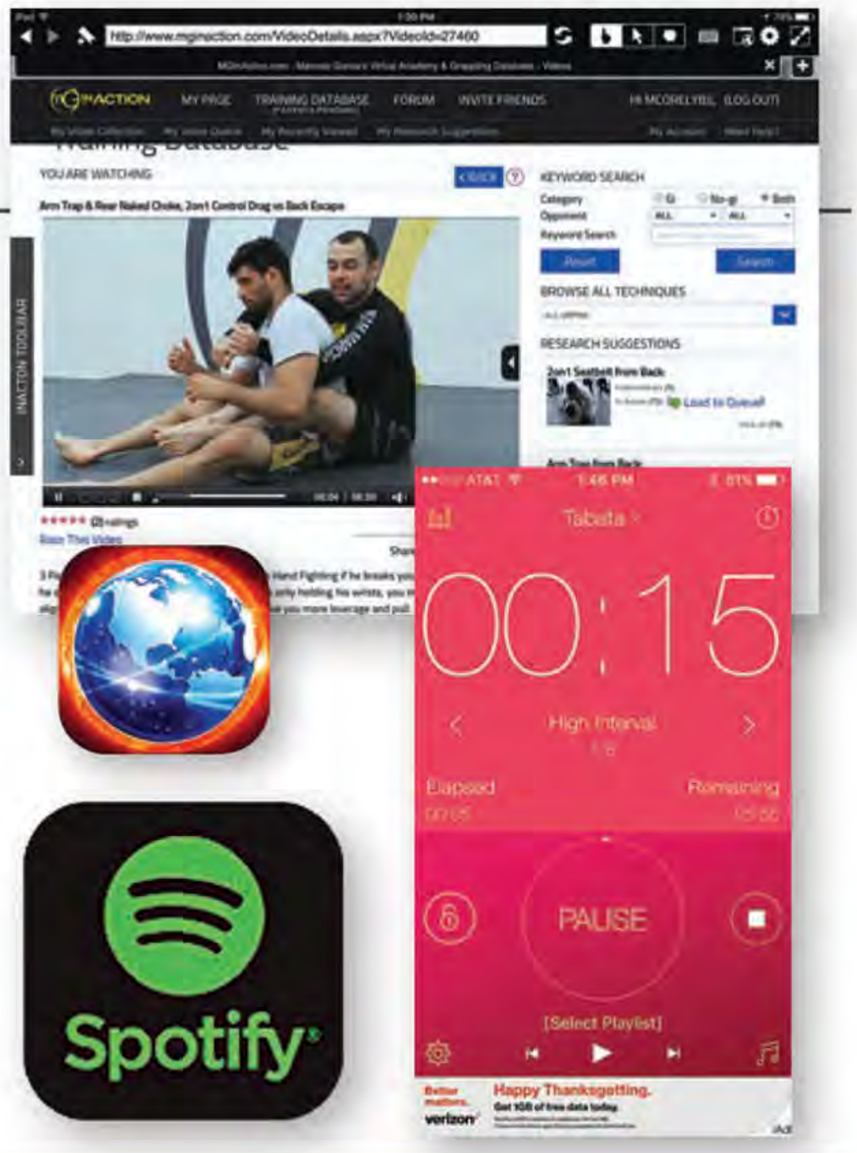
SMART PHONES ARE A UBIQUITOUS FACT OF LIFE. SOMEONE ONCE TOLD ME THAT AN IPHONE HAS MORE COMPUTING POWER THAN NASA'S APOLLO SPACECRAFT. Sitting in your pocket, at this very moment, is a computer superior to the one used to put Neil Armstrong and Buzz Aldrin on the moon. Is this true? Maybe, maybe not, but it does illustrate just how far we've come in the last few decades. There has to be a way to harness that power for more than games and social media. In this article, we'll look at a dozen or so apps that can help your jiu-jitsu. Some may seem a little bit out there, but stay with me and I promise it'll all make sense. All of these apps are available for Android and iOS systems.

GENERAL APPS

No training session is complete without music. I highly recommend Spotify [free iOS/Android] over Pandora. Spotify lets you pick a single album/band and play it straight through. You pick Seether and you'll hear Seether, not bands that "sound like" Seether. You can explore similar bands if you'd like but it's not your only option. Making and sharing playlists is a snap. For most of November and Christmas, we roll to Christmas music from a custom list. Want to listen to the soundtrack of Grease for two hours straight? Spotify has you covered.

If you're an iPhone owner, you may have noticed that Flash is not supported by iOS. Photon Player [$3.99, iOS] allows you to watch Flash videos, such as the ones found at many online subscription sites, on your iOS device. I use the app to watch MG in Action on my phone/iPad and it gets the job done.

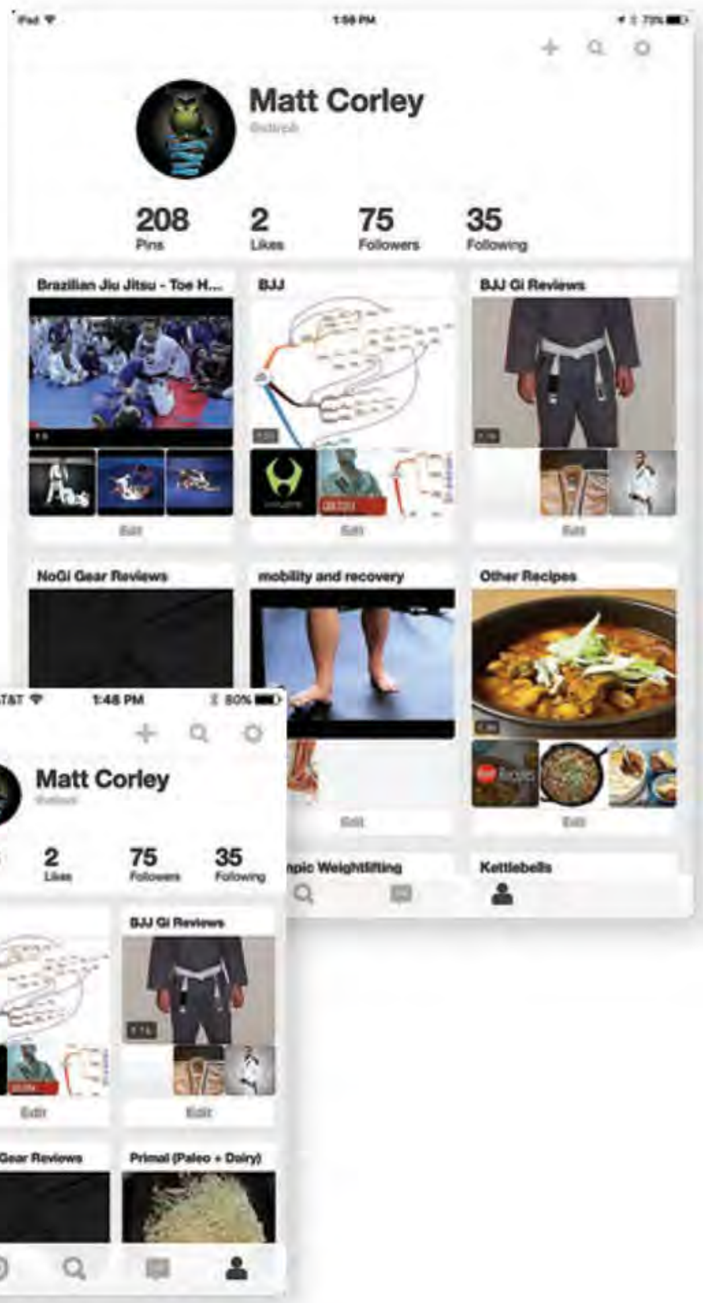
Regardless of what you're doing while training, you'll need a timer. Most of the time, I use a simple countdown timer; however, there are times when I want to use it for tabatas [20 seconds max exertion, 10 seconds rest, repeat 8 rounds]. Interval Timer [free, iOS] and HIIT interval training timer [Android] are free, easy to use, and fully customizable. Interval Timer even syncs with your playlists.



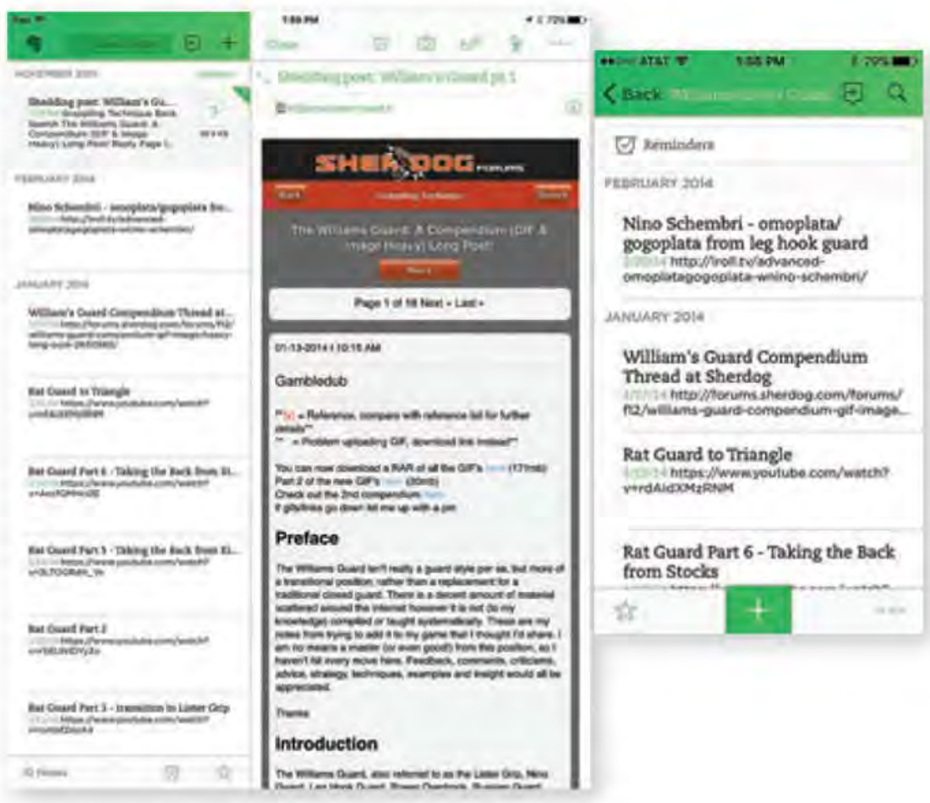
PRODUCTIVITY

I am a single dad with two daughters, two jobs, and two hobbies that take up a fair amount of my time. If I'm not organized, I'm going to forget something - like a kid [only happened once!]. I've used tablets, PDAs [remember those?], computers, and day planners to stay organized and so far, my phone has been my best tool. It's always with me and there is an app for almost everything, many of which integrate with one another and include desktop support. The following apps are ones that I use every day and they're all free: Pinterest [iOS/Android], Evernote [iOS/Android] and Sunrise Calendar [iOS/Android]. Before you throw the magazine down because I included Pinterest, let me explain.

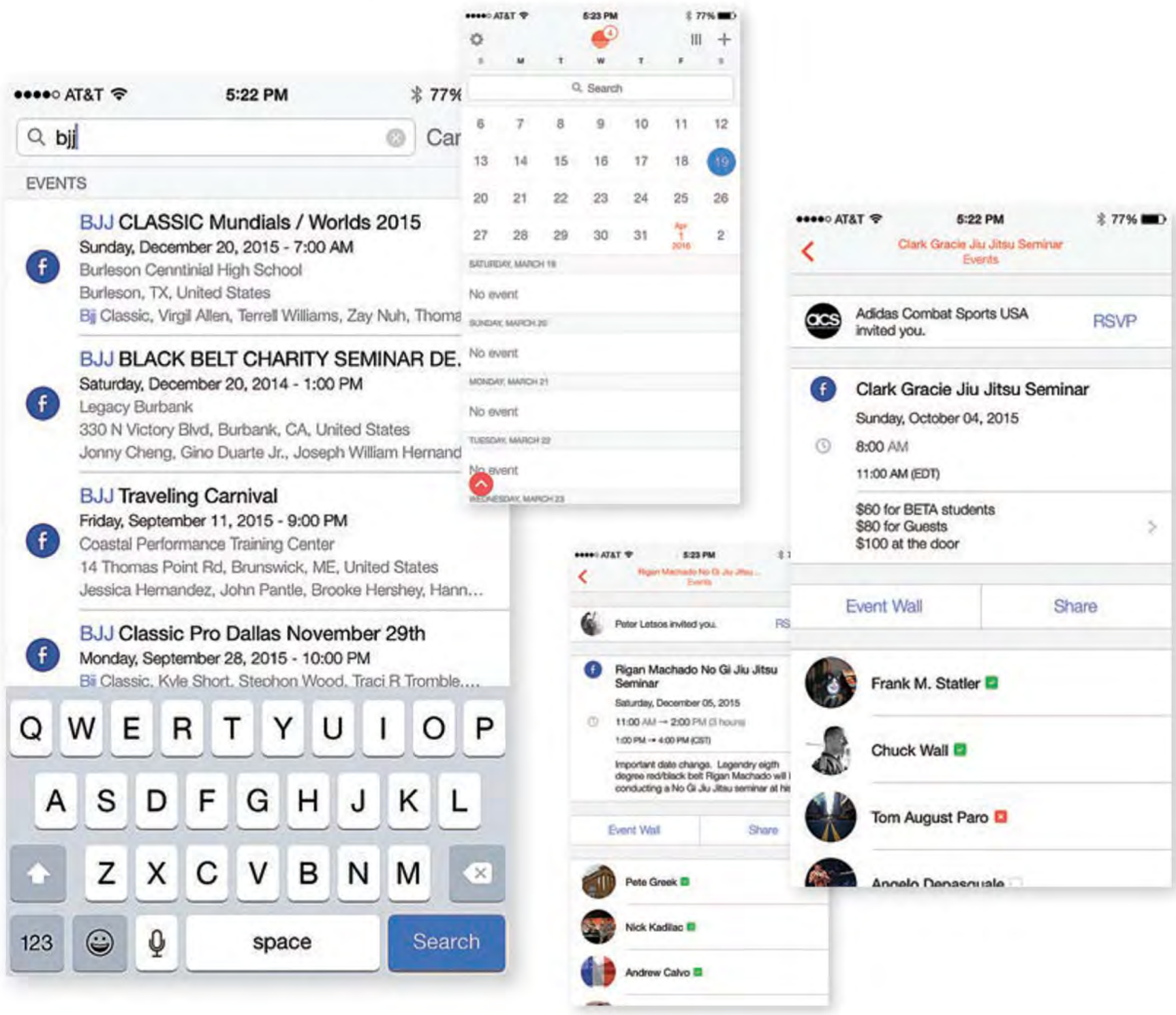
PINTEREST organizes webpages, videos, and other online data, for easy retrieval by myself and for anyone that cares to look for it [you can create private boards]. Each board is as specific or general as I want. In the past, I made a board specifically for the William's Guard. Videos, articles, and message board posts were all in one place with easy access. I have another board specific to Olympic weightlifting, ettlebells, rehab/mobility, and yes, recipes. A few seconds is all it takes. One suggestion is to be careful of who you follow on Pinterest unless, of course, you want to see a few hundred recipes and inspirational memes every day.



EVERNOTE is Pinterest on steroids. With this app, you're able to write, collect, organize, find, and share almost anything. The more information that you put into this app, the more useful it becomes. Cross-referencing and data searching options are very robust. Evernote can import specific snippets of pages, pictures, and videos from anywhere on the web to your PC, integrate multiple platforms [Android, iOS and Windows] and lets you add your own data. Information is available off-line and unlike Pinterest it is private unless you choose to share it. Like Pinterest Evernote is fully functional on any platform but to get the most out of them both, you'll want to use your PC.



SUNRISE CALENDAR is the calendar app that all others aspire to be. Not sure if you have a tournament in seven weeks? Are you going out of town? When's the next no-gi class? How do you get to the gym you're visiting next month? Sunrise Calendar can handle all of that. Sunrise is compatible with Google Calendar, iCloud, and Exchange. All synchronization is real-time and it imports your events/birthdays from Facebook. Sunrise handles multiple Google Calendars, integrates Google Maps, and supports time zones, making it a one stop spot for many of your daily needs. You can also share your calendar with other Sunrise users to make coordinating schedules easier.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BJJ BLACK BELT CHARITY SEMINAR DE.
Saturday, December 20, 2014 - 1:00 PM
Legacy Burbank
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Jonny Cheng, Gino Duarte Jr., Joseph William Hernand
BJJ Traveling Carnival
Friday, September 11, 2015 - 9:00 PM
Coastal Performance Training Center
14 Thomas Point Rd, Brunswick, ME, United States
Jessica Hernandez, John Pantle, Brooke Hershey, Hann...
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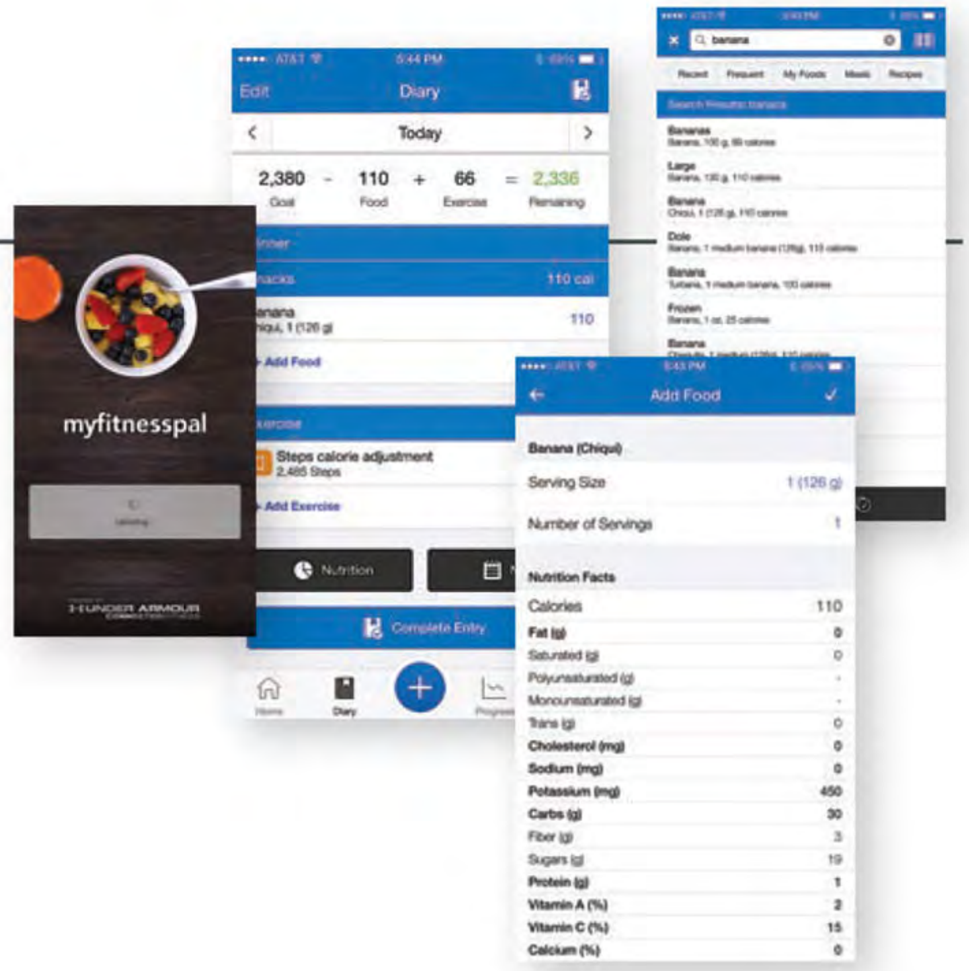
HEALTH/FITNESS

A notable side effect of training jiu-jitsu is an increased awareness and focus on health and fitness. Starting with the most unpleasant part of jiu jitsu, dieting, Calorie Counter & Diet Tracker by MyFitnessPal (free, iOS/Android) is essential. The app is extremely easy to use and just by tracking what you're eating, you're much more likely to hit your goals. The food database includes over 5,000,000 entries which includes macros (protein, fat and carbohydrates) as well as micronutrients (iron, zinc, etc..). The integrated bar code scanner further streamlines the data entry. Creating your own diet plan is very simple. The integrated exercise tracker can be linked to over 50 external devices including Jawbone, Fitbit, Garmin, RunKeeper, and other apps/devices. It's easy and convenient. Do yourself a favor, download it and give it a whirl.



I hate running with a passion. I'd rather do burpees than run. However, road work is a tradition that just won't go away. I mentioned Runkeeper (free, iOS/Android) just a moment ago and it is an excellent tool for any runner, walker. or biker. The feature rich app tracks everything you could need including: pace, distance, elevation change, and calories burned. The app syncs with Polar HR straps, fitness trackers, and integrates with your music. Pre-made workouts are available if you need them and others can be added.

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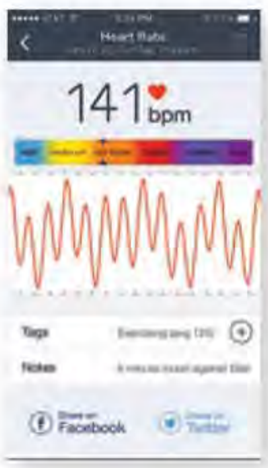
Next up is Instant HR Monitor [free/$1.99, iOS/Android]. We've discussed in the past how your heart rate can be used as a gauge of overall fitness and recovery. Instant HR Monitor is the quickest, about 30 seconds, and easiest apps I know of to check your heart rate. Like MyFitnessPal, Instant HR Monitor is free to download. The pay version includes tracking and graphing as well. It's definitely worth the few bucks.



If you're looking for something more in-depth than Instant HR Monitor, there is iThlete [$8.99 iOS/Android]. iThlete must be paired with a compatible monitor [about $50] such as a finger sensor or Bluetooth compatible heart rate monitor. The app records, tracks, and interprets your heart rate variability [HRV]. The reading is converted into a score and color coded so that you're able to quantify how well recovered you are from your previous training. Other variables are also tracked to help identify outside factors that affect your recovery. The data can be exported for in-depth analysis and is maintained within the app. If you're concerned about your recovery, iThlete is an intriguing app.

Nic Gregoriades and I explored the world for meditation not too long ago. Headspace – meditation [free 10 day trial, $12.99/mo, iOS/Android] provides a guided tour into the world of meditation. A key point of that article is that the hardest part is to just get started, and the 10 day trial is long enough to get you the inertia needed to be on your way.

JIU-JITSU APPS

Have you ever sat in a hotel room bored and thought, "I wish I could find somewhere to train."? BJJ Finder [free iOS/Android] and Open Mat Finder [free, iOS/Android] are two apps that answer that very question. These apps allow you to use your location to search the area for jiu-jitsu related events such as classes, open mats, and seminars. BJJ Finder includes retail locations and a "girls only BJJ" filter. Open Mat Finder includes a "deal of the day" button to Fighter's Market and a jiu-jitsu trivia game, Jiu-Jogo. Gym owners and/or seminar organizers please take a few moments to add yourselves to these databases. It's quick, free, and helps everyone.

To combat piracy, some companies have started to rely more heavily on apps to deliver their products. Smart phone screens and pair of decent headphones can easily match the experience that you'll get from a TV or computer. There's also the added bonus that you can take it with you to the mat, airport, car, bus, or anywhere else if needed. Some developers have split their DVDs into smaller portions so that you can buy just the section[s] that you're most interested in. This is cheaper for you and saves precious space on your device. The following are just a few of the companies that have embraced the mobile platform and provide almost all their full catalogues as apps:

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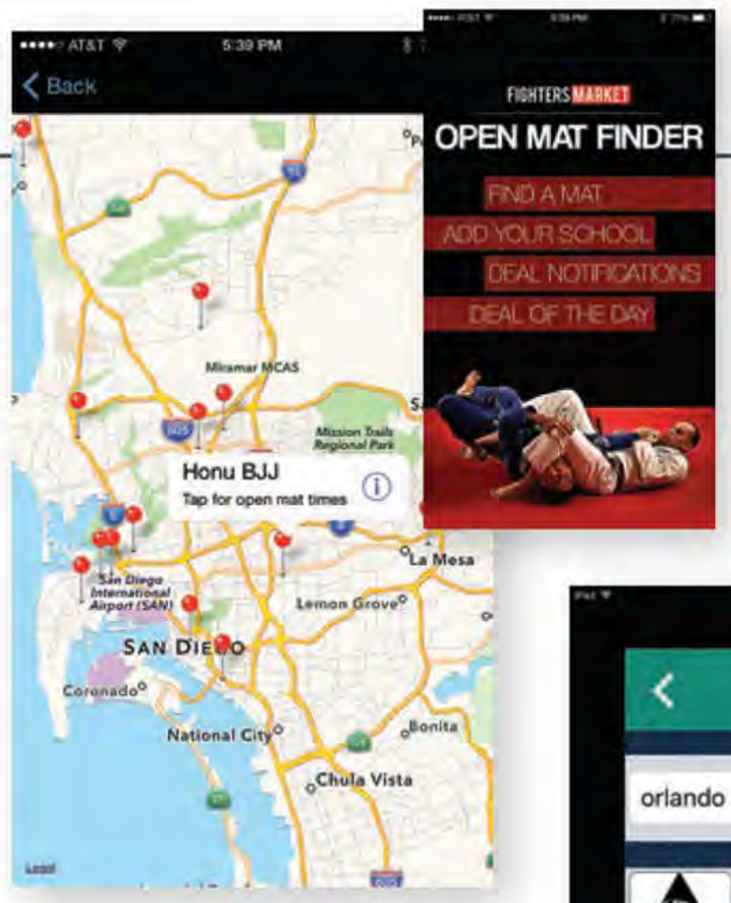
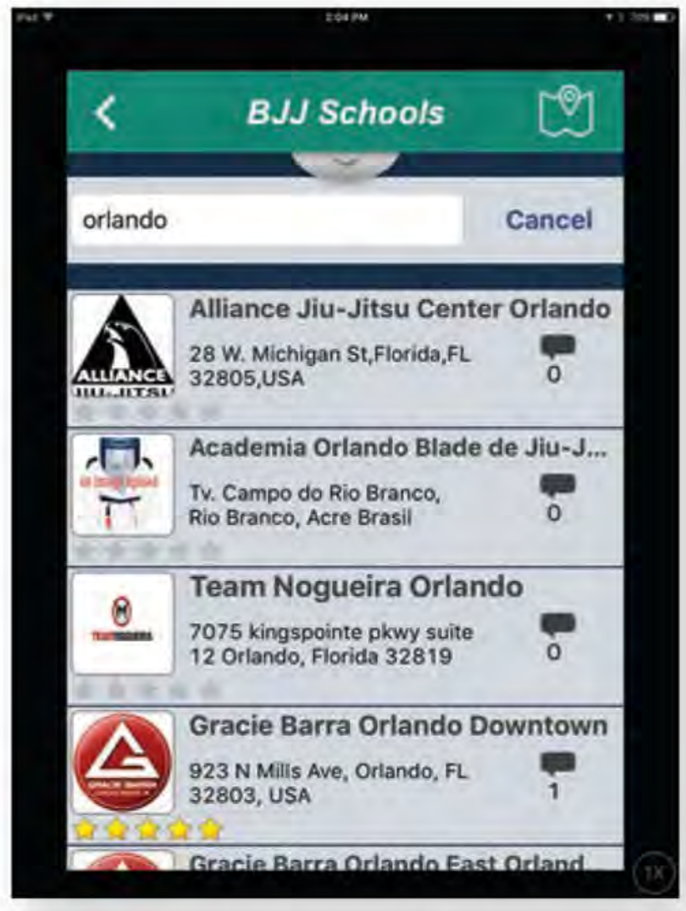
- Roy Dean
- Budovideos
- Jason Scully
- Matt Baker





WRAPPING IT UP

Smart phones have progressed to the point where you can use them for almost anything. Video and audio quality easily match your TV and developers are taking advantage of it. The most important thing to realize when downloading an app is convenience and relevance to you. Are you going to watch those videos you've downloaded? Will you really take it to the mat and use it as a reference? Are you committed to logging your food and/or training? If you're using a program that includes data entry make sure that it has integrated PC support so that you're not stuck inputting large amounts of data on your phone. Whatever your needs are, there's an app to make it a little easier. All you need to do is download it and use it.

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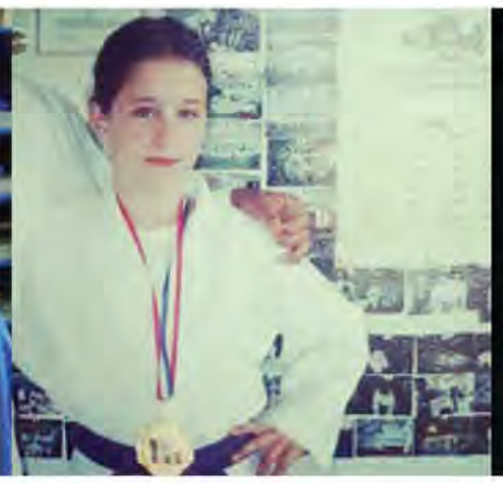
JUDO THROWS

WITH JUDO OLYMPIAN MARTI MALLOY

WORDS: **MIKE VELEZ** | PHOTOS: **JASON BOULANGER**

SOME OF YOU MAY NOT KNOW THIS, BUT THE JIU-JITSU THAT YOU TYPICALLY READ ABOUT IN THESE PAGES, AND PRACTICE AT YOUR ACADEMY, HAS ITS ROOTS IN JUDO. WHEN WE THINK OF JUDO, WE MIGHT IMMEDIATELY THINK OF SOMEONE FLYING HEAD OVER HEELS, OR GETTING SLAMMED TO THE MAT. ALTHOUGH JUDO HAS A FULL CATALOG OF GRAPPLING TECHNIQUES REFERRED TO AS "KATAME-WAZA", IT'S THE THROWING GAME, "NAGE-WAZA", THAT JIU-JITSU GRAPPLERS WILL FIND MOST USEFUL. DESPITE THE FACT THAT SCHOOLS ACROSS THE COUNTRY WILL SPAR STARTING ON THE KNEES, THERE'S NO ACTUAL JIU-JITSU TOURNAMENT THAT DOESN'T START STANDING UP. IF YOU WISH TO CONSIDER YOURSELF A WELL ROUNDED JIUJITERIO/JIUJITERIA, YOU'D BETTER START WORKING ON YOUR STAND UP GAME. TYPICALLY, THERE ARE TWO SCHOOLS OF TECHNIQUE FOR THE STAND-UP GAME, WRESTLING AND JUDO. FOR THIS ARTICLE, WE FOUND ONE OF THE TOP JUDOKAS (JUDO PRACTITIONER) IN THE COUNTRY, IF NOT THE WORLD, MARTI MALLOY, TO SHOW US THREE OF HER FAVORITE JUDO TECHNIQUES. ALL THREE OF THESE TECHNIQUES CAN BE EXTREMELY EFFECTIVE IN NOT ONLY A JUDO TOURNAMENT, BUT SPORT JIU-JITSU AS WELL. ONCE YOU GET THINGS TO THE GROUND, THE REST IS UP TO YOU. BUT FROM THE FEET TO THE MAT, LET'S LET MARTI SHOW US HOW IT'S DONE.



ABOUT MARTI

Born Martilou Malloy, Marti was born in Oak Harbor, Washington, in the summer of '86. Marti began her judo career at the age of six alongside her older brothers. After winning her first competition just a few months after first trying judo, she was hooked and knew then that she wanted to one day become an Olympic champion. By the time she was sixteen years old, she won gold at her very first senior international competition, beating out past Olympians and the previous year's US National champion. In 2010, she won her first medal at a big international competition, the Pan American Judo Championships where she won silver. She would later go on to win gold at this same competition in 2014 and again in 2015. In 2012, she won bronze at the Olympic Games in London. While training for the games, Marti attended San Jose State University where she was captain of the Judo team for three years before graduating on the Dean's List. Today, she continues to study for her master's degree at SJSU while training for her next shot at Olympic gold later this year in Rio. Marti is also a Dollamur Sport Surfaces Ambassador. Dollamur produces a mat called the "Malloy Olympic Mat." It is a portable roll out mat perfect for jiu-jitsu. A portion of every mat sold goes to help the fight against breast cancer as well as supporting Marti's goal of gold at the 2016 Olympic Games.

Q&A WITH MARTI

What does your training schedule look like right now?

Judo six days a week (Mon-Sat) for two hours. Weight training three days a week in the AM (Tues/Thurs/Sat) Conditioning/running training three days a week (Mon/Wed/Fri). That's my schedule practically year round unless I'm abroad at a training camp, in which case it's judo, judo, and more judo all day.

Growing up, how often would you compete?

I competed often as a kid, maybe once a month? As a teenager, a little less but at higher level competitions.

We heard that you beat Ronda Rousey in a competition before, can you tell us about that?

She always tells me that I was the one who beat her when we were teenagers but I really don't remember! Which is strange because I always lost to her when we would fight. Some competitions we would fight three times in one day and I was always disappointed and motivated to get a win against her. Which is why it's weird I don't remember beating her, because it would have been very significant for me.

Any plans for MMA?

Nope. None whatsoever. Haha, judo purist.

What advice do you have for someone that wants to get better with their stand up game?

Put in the time! A large part of stand up game is training your body to be more instinctual and adaptable to any situation. That is best achieved with repetition. Also, trying and failing at different stand up techniques is the only way to learn what works best for you and what needs to be fixed. So just like learning any technique, I think it's important to dedicate time to it with a specific focus in mind.

San Jose State Judo

To shoot this article and interview Marti, we met up at the San Jose State University Judo Team's training facility. Few schools have a facility as nice as this one for Judo or any martial art. The Judo team here was founded way back in 1946 by Mr. Yoshihiro "Yosh" Uchida. He began teaching judo in a small classroom, however in 1942, he was drafted by the US Army and served as a medical technician. After the warm it was difficul for him and other Japanese-Americans to find work. In 1946, he returned to SJSU to teach his first judo class at the university, which was classified then as a self-defense class. Mr. Uchida was one of the few Asians hired during that era at the school. Many of his students were GIs returning from war in the Pacific and European theaters. Along with building what would later become a strong tradition at the school, Mr Uchida coached the first US Olympic Judo team at the Tokyo games in 1964, and is credited with helping to establish the weight system used today in judo competition collegiately and around the world. On our visit, Mr. Ushida was on hand giving guidance and encouragement to the students training.

TECHNIQUE

jiujiterio/jiujiteria, you'd better start working on your stand up game. Typically, there are two schools of technique for the stand-up game, wrestling and Judo. For this article, we found one of the top judokas (judo practitioner) in the country, if not the world, Marti Malloy, to show us three of her favorite judo techniques. All three of these techniques can be extremely effective in not only a Judo tournament, but sport jiu-jitsu as well. Once you get things to the ground, the rest is up to you. But from the feet to the mat, let's let Marti show us how it's done.

DE ASHI BARAI

This first technique is a very simple foot sweep. It's often a first option for Marti if she sees that her opponent is vulnerable.

STEP 1

Marti steps forward with her right foot so that her foot is almost in front of her opponent's foot.

STEP 2

Next Marti uses her left hand to grab her opponent by the gi at his right elbow. As soon as she has that grips, she pulls down on that arm hard so that she's putting all of his and her weight on his right foot that's below his arm.

STEP 3

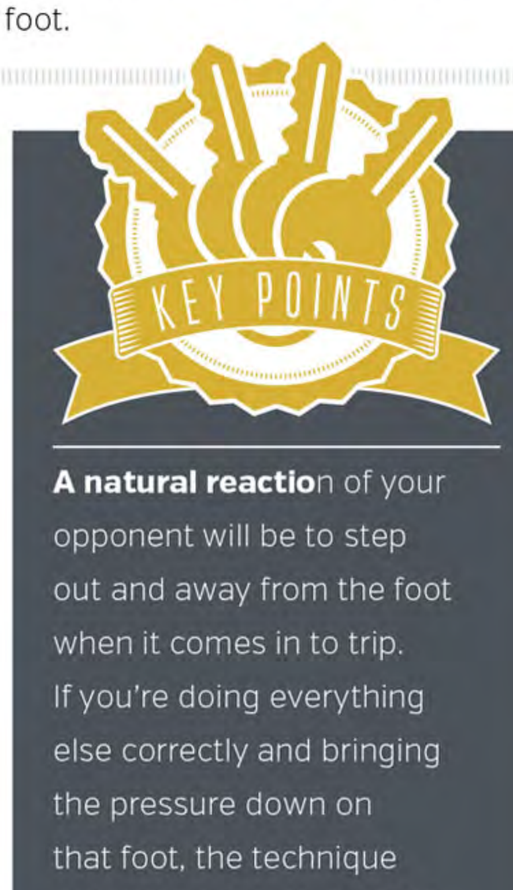
With downward tension already in place on the right arm, Marti brings her right hand to grip his right side collar. She's moving her arm and his gi, across her body, from right to left. This momentum breaks his stance - pushing him to his right side so now nearly all of his weight is on his right foot.

STEP 4

Now Marti brings her left foot across, gliding it across the mat so that it contacts her opponent's right foot. It's important to note that she's not kicking his leg or his knee; she's gliding her foot across the mat, foot-to-foot contact.

STEP 5

Marti continues the movement of the foot while at the same time using her entire body to "bend" her opponent over. This drops them to the mat, in which case she's gotten the points and can move into side control



A natural reaction of your opponent will be to step out and away from the foot when it comes in to trip. If you're doing everything else correctly and bringing the pressure down on that foot, the technique will still work. Just don't let up on the upper body.

SUMI GAESHI

In Japanese, this technique is called a sacrifice throw. The reason for that is that you must sacrifice giving up your back in order to successfully complete the throw. Now, when jiu-jitsu people imagine giving up the back, they think that someone is about to get their hooks in and go for the choke. But in judo, giving up the back means bringing your back down to the mat and putting yourself in jeopardy of giving up the ippon (points).

STEP 1

This throw works best when your opponent has the same stance as you. Marti and her opponent both have their right foot forward.

STEP 2

Marti grabs the lapel with her left hand, or whichever hand is opposite the first foot forward

STEP 3

As soon as Marti has a hold of the lapel she uses her entire body to bend her opponent forward.

STEP 4

While bending her opponent down, she reaches over their back with her right hand to grab their belt

STEP 5

This is where things can go wrong when doing this technique. Many people will keep their arm "arched" over their opponent's back. This gives the opponent the ability to stand up. Instead, as soon as Marti has a hold of the belt, she drives her elbow and forearm down to keep her opponent from posturing up.

STEP 6

Marti then lets go of the lapel with her left hand and underhooks her opponent's right arm and brings it up to her body.

STEP 7

Now, Marti brings her left foot forward, stepping so that her feet are next to each other. As soon as her left foot is planted, she brings her right leg up to hook the inner right side thigh of her opponent.

STEP 8

With the right leg hooking the thigh, all Marti has to do now is sit down (yes, it's that simple). She sits down; pulling her opponent down by the belt and using her right leg to guide them overhead.

STEP 9

Because Marti has everything nice and tight, the momentum of the two of them will bring Marti up on top into the mount. In a jiu-jitsu tournament, she'd be up by two points with the takedown and ready to go for the armbar, or whichever finish she's feeling.

OPTION

WHAT IF THEY SPRAWL?

Let's say Marti gets to Step 4 and her opponent sees what's coming so they go to their reflexes and immediately sprawl out to defend the throw, no problem.

Instead of forcing a throw that's probably not going to work, Marti goes for the inside trip with her right foot that's already forward on their right foot, which is also forward.

Marti doesn't just "trip" her opponent, she brings her foot in, points her toes to her left side, and does a "scooping" motion as she's driving forward with her grips.

Her grip on their back gives her the leverage to make it past the guard and right into side control from here.

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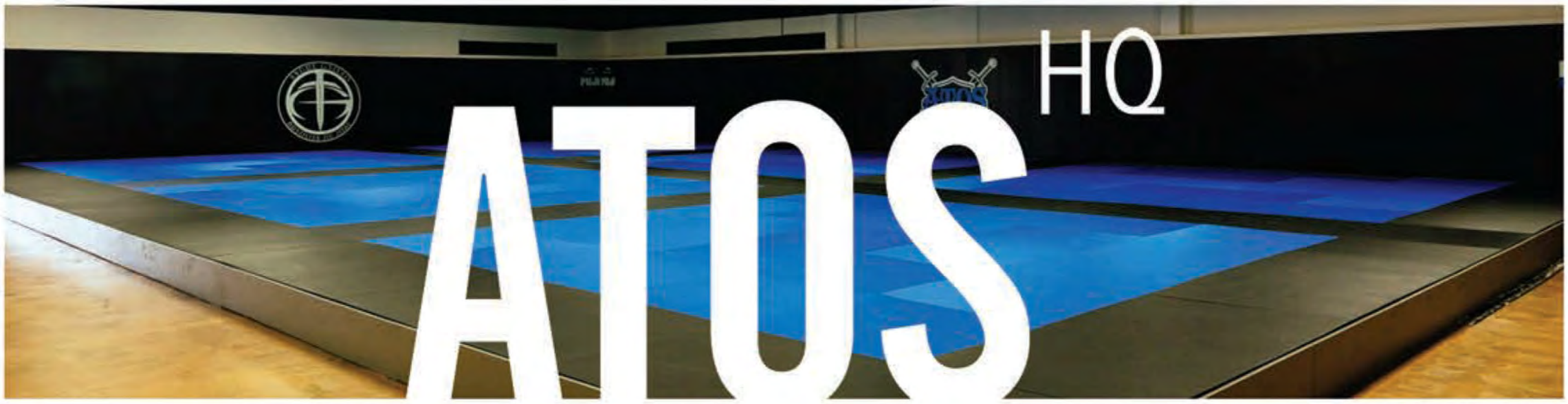

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SODE TSURI KOMI GOSHI

This technique is a sleeve hip throw, and I do mean "throw!" It is one of Marti's favorites. The success rate of this technique increases thanks to her opponent's natural reaction to pull their arm across after Marti breaks their grip.

STEP 1

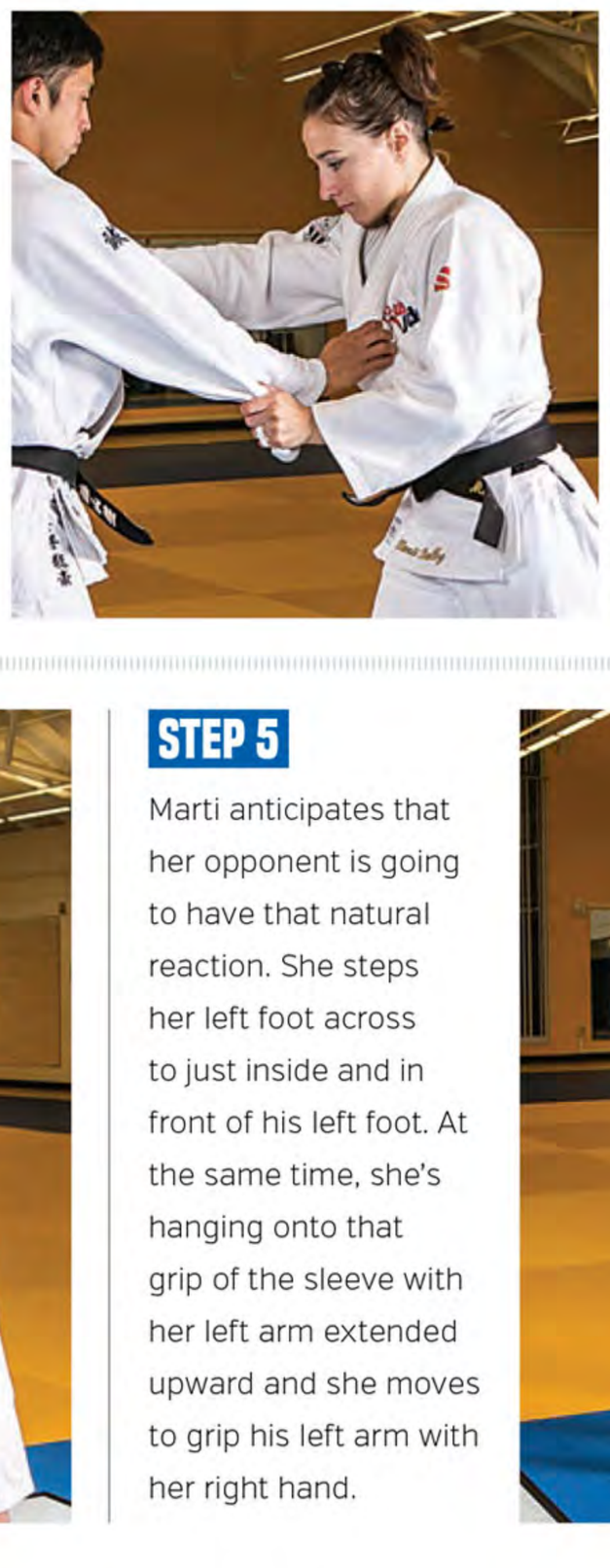
Marti and her opponent start off with the traditional judo grips of the lapel and sleeve.

STEP 2

Rather than gripping at the elbow, as is more common, Marti brings her grip of her opponent's sleeve near the cuff of the arm that has her lapel.

STEP 3

[Reverse] Marti extends her left arm downward to break her opponent's collar grip.



STEP 4

Her opponent's natural reaction is to pull their arm across their body to break her grip of the sleeve.

STEP 5

Marti anticipates that her opponent is going to have that natural reaction. She steps her left foot across to just inside and in front of his left foot. At the same time, she's hanging onto that grip of the sleeve with her left arm extended upward and she moves to grip his left arm with her right hand.

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STEP 6

As soon as her left foot is in position, she pivots her body turning to her right (clockwise if looking from above) so that her left side hip is past his left hip.

STEP 7

As Marti has turned her back to her opponent, she pulls down on the arm so that his right elbow is over her shoulder. She keeps his left arm tight against her with her left grip.

STEP 8

Lastly Marti bends forward and looks to her left to bring him up over her body and across her hip to throw him to the ground.

STEP 9

Once he's hit the mat, she maintains her right hand grip of the sleeve and can drop down and transition into her ground game right away.

KEY POINTS

What if you can't break their grip, or if they don't pull their arm across if you do break it? That's okay. Marti will use a little more speed, torque, and strength to force her arm across to break the grip and get them into position. The most important thing to pay attention to, if this is the case, is to bring her right hand down to control their left arm as soon as she begins the throw. Otherwise, they'll be able to block it.

GRIPPING TACTICS

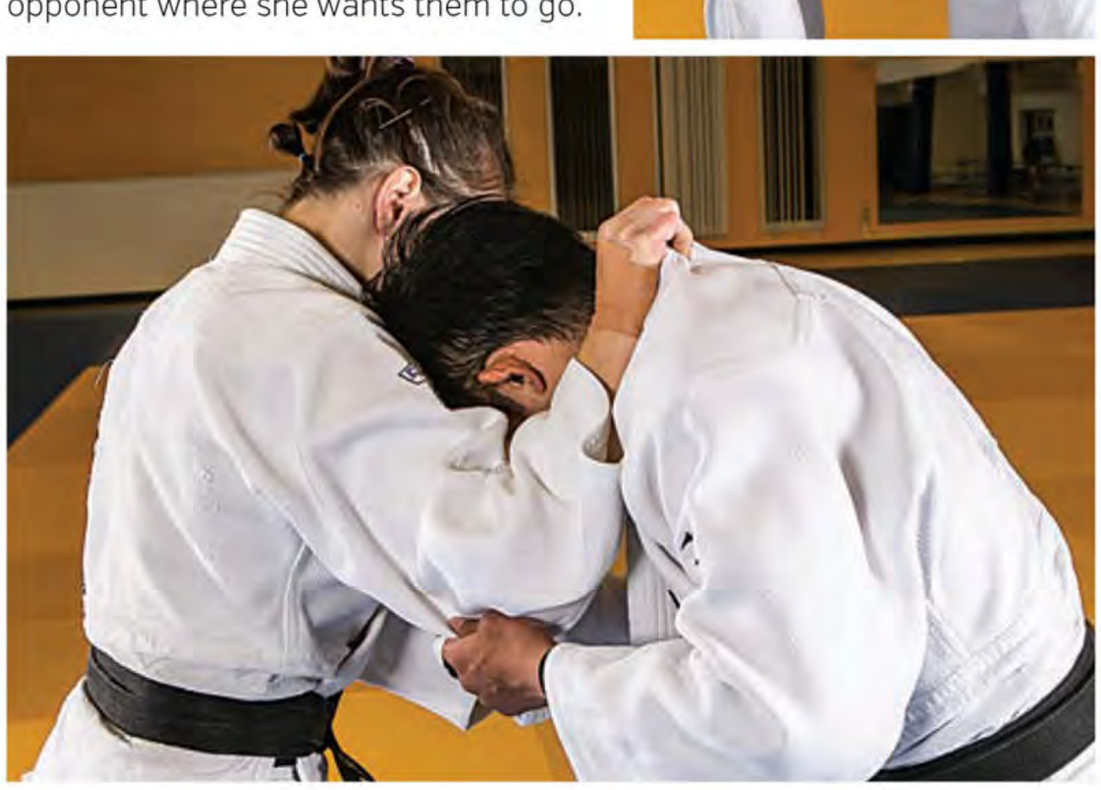
PLAY VIDEO

Marti is one of the world's top women Judokas. Over the years, she's found some gripping tactics that work for her and employs them in all of her matches. She is a righty, so she starts off with her right foot forward.

RIGHT VS RIGHT

Almost every time Marti fights, she works hard not to let her opponent get their right grip on her. This is their power side so she'll work hard not to let them establish that grip. If they do she'll grab the bottom of their sleeve with the tightest grip possible and tear that grip downward so that they let go of the lapel. This "grip break" is where Marti likes to initiate a lot of her throws. The momentum this break grip creates, feeds a lot of her throws.

If Marti is taller than her opponent or if she feels like she's stronger, she won't bother grabbing the lapel near the chest. Instead, she'll reach up and go for a thumb in grip of the collar behind the neck. As soon as she has the grip, she brings the elbow down to lock them into a hunched over position. This gives her a ton of control on directing her opponent where she wants them to go.



RIGHT VS LEFT

If Marti is up against a left sided player, meaning they have an opposite stance as her,the most important aspect of grips with a leftie is taking the inside grip. Statistically, lefties have the advantage because they have more righties to train against and righties have fewer lefties to train against.

Both combatants are going to go for control of the lapel. If the leftie gets the inside grip, meaning their arm is "inside" Marti's, they have all the options and power to execute their throws. So, if the leftie gets the inside grip, Marti pummels in to get her inside grip. This will give her more of a chance to defend their throws and execute hers.

The other challenge against a leftie is the sleeve game. Neither competitor wants to give up the sleeves. Marti will bring her arm up and over their arm and reach across the top to grip the sleeve. As soon as she has the grip, she pulls the arm into her body, this gives her more control and puts herself in a better position to get the throw she wants.

OBJECTIVE MEASURES: ADCC 2015

WORDS: **MATT CORLEY**

WHO IS (OR WAS) THE MOST DOMINANT GRAPPLER IN THE WORLD? IS IT SOMEONE THAT'S CURRENTLY COMPETING? WHAT ABOUT MARCELO GARCIA? It wasn't that long ago that he tore a wide swath through grapplers of all shapes, sizes and backgrounds. Would the ADCC absolute champion be in the mix? Whoever stood atop the podium at this year's IBJJF Worlds Championship? Are medals for amateur athletes valued equally as a superfight win in professional matches? How can you compare athletes that haven't faced each other? The debate can go on forever and we're unlikely to ever reach a consensus. And that's part of the fun, isn't it? In the next thousand words or so, I'm going to give you the objective data needed to decide for yourself who turned in the most dominant performance at the 2015 ADCC Championships. There will even be graphs so you know it's scientific.

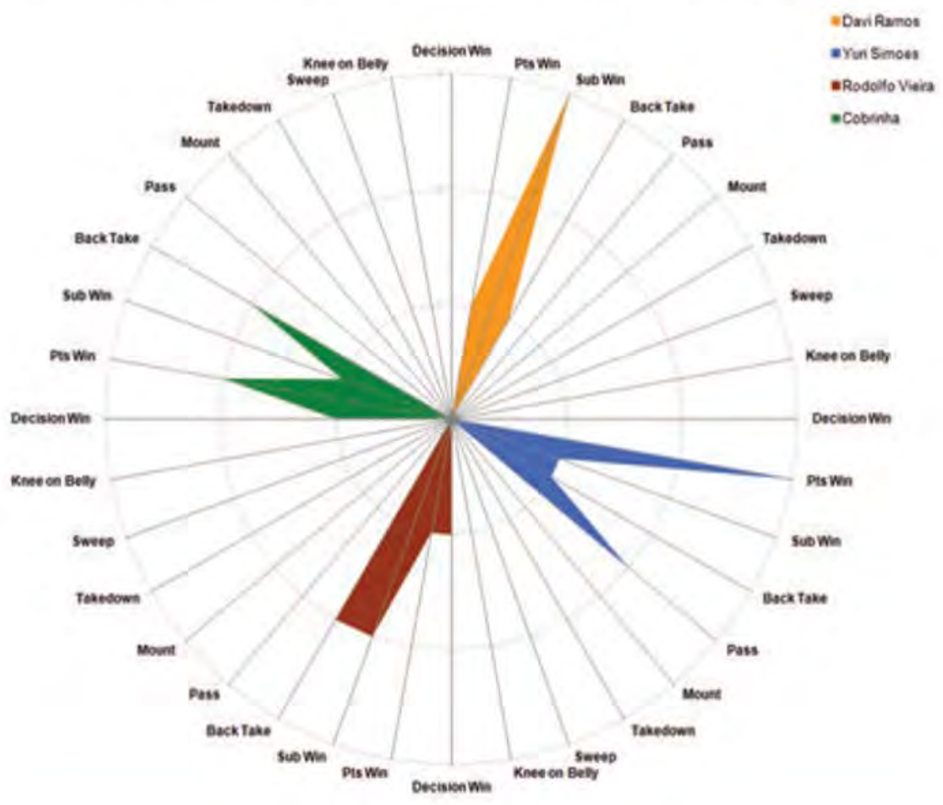
VALUE OF MEASUREMENT

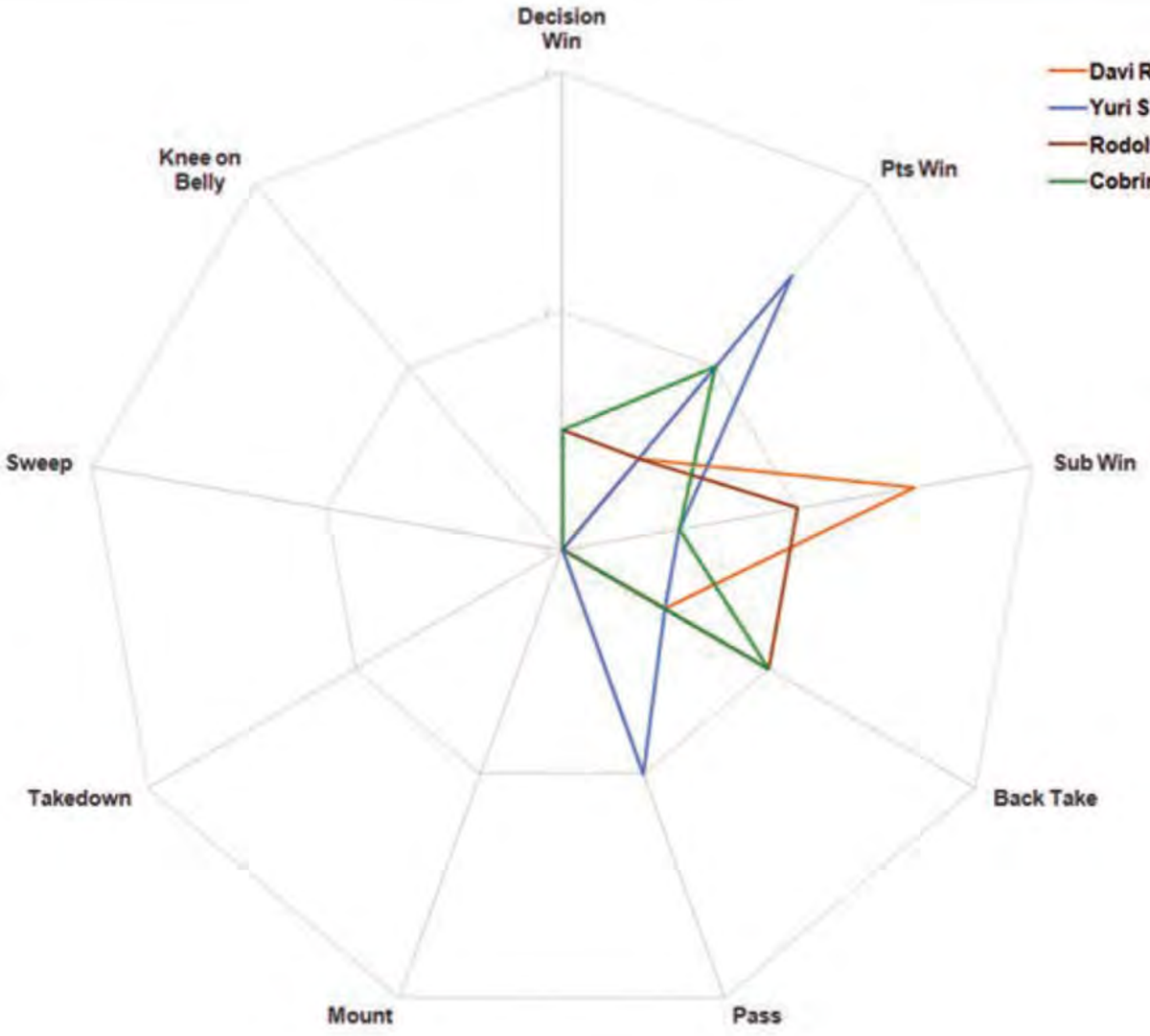
There are dozens of measureable attributes that could be included in a comparison between athletes. In strength sports, you are able to count reps and/or weight. Track athletes measure race times. Even Crossfitters look at their WOD (Workout of the Day) times to track progress and determine athlete ranks. In grappling, we can see who stands on the podium but is that all there is? If you look at the IBJJF rankings, all you see are podium placings. They've created an arbitrary scale to assign more importance to certain events than others but you're missing several crucial details. If you want to know who the most dominant grappler is, you're going to need to know a lot more than just how many matches he or she won and what medals were earned.

Every competition has a defined set of rules that are used to determine who wins a match. These rules are consistent across the major organizations and are an excellent place to begin a comparison. The following techniques/positions demonstrate a level of dominance over an opponent: takedowns, sweeps, knee on belly, passing guard, mount, back mount and successful submissions. To determine the most impressive performance at this year's ADCC we're going to look at the athletes that won their divisions AND we're going to see what they did to get there.

THE CHART

A radar chart, aka spider graph, is a diagram that displays multiple pieces of data in a two dimensional chart. The graph must contain at least three variables. Each variable has its own axis and each shares a common starting point. The area within the chart can be used to compare subjects with several traits to determine an overall "best" choice. Radar charts are widely used by coaches in sports as a tool to evaluate and compare athletes with different attributes. With a few tweaks to the traditional radar chart, we can segregate the data for easier comparison and in the process create a petal chart.





❖ Above is a spider graph, to the left a p tal chart.

STRATEGY OF WINNING

Before getting into the weeds of the analysis, it's important to briefly discuss the role of strategy in winning a contest. Strategy is defined as a plan of action designed to achieve a specific goal. All the fighters went into their matches with a plan of action. In a sport with very few opportunities to earn significant income, the stakes at ADCC couldn't be much higher. Did that economic pressure affect the mindset of the athletes? I was on the mats for all of the matches and saw fighters who appeared to be more concerned with not losing than winning. Different fighters have games that lend themselves to different styles, some more exciting than others. As the level of competition [and proximity to the prize money] increased, this tactic became more prevalent. That said, the purpose of the fights weren't to entertain the crowd, but to win within the rule set and for many, that's all that matters.

❖ Davi Ramos getting the submission.

THE FIGHTERS

Cobrinha vs Frazatto

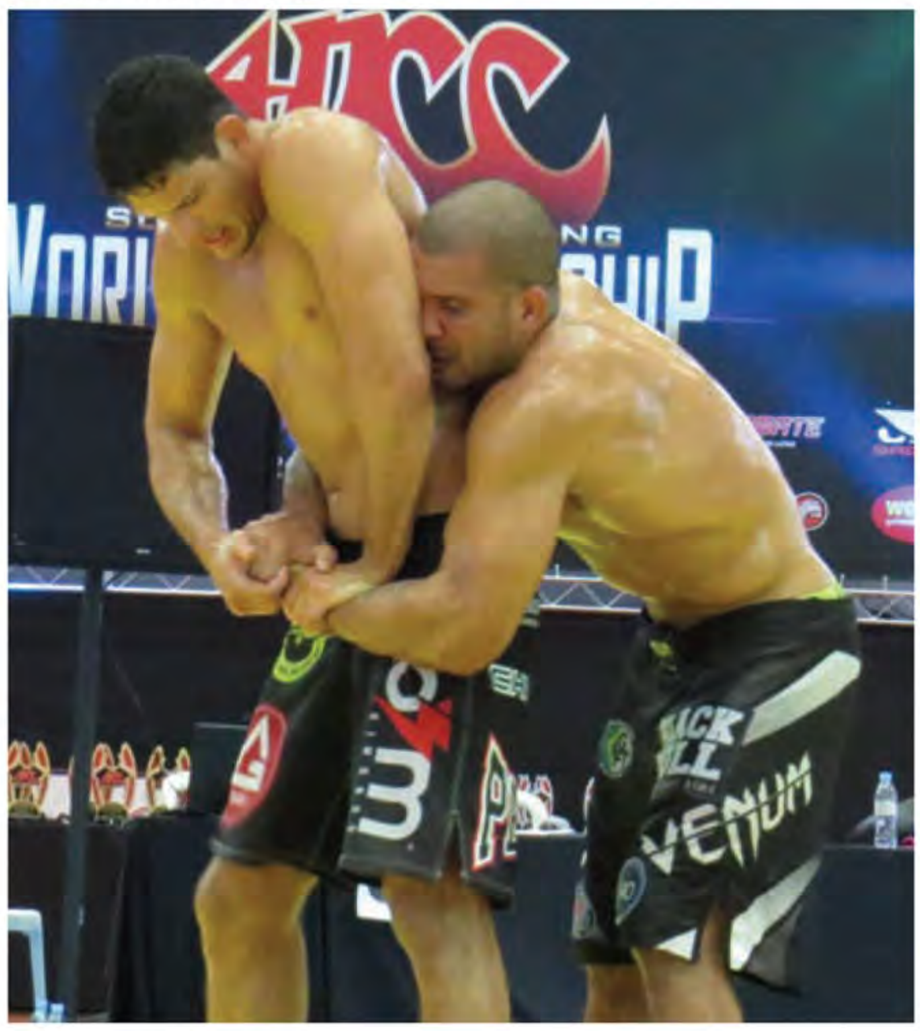
The following men and women earned gold medals in Sao Paolo: Mackenzie Dern, Ana Laura Cordeiro, Ruben "Cobrinha" Charles, Davi Ramos, Yuri Simoes, Rodolfo Vieira, Orlando Sanchez, and Claudio Calasans. Before medals were awarded, social media was abuzz with the way the athletes fought in the medal rounds. Orlando Sanchez and Claudio Calasans, in particular, were called out for the manner in which they earned their gold medals. Sanchez won his first match by submission but his next three matches all went to the judges table as neither he nor his opponents were able to gain any points. Calasans earned gold in the Absolute category without scoring any points or submitting any of his opponents. Calasans' first match was a -2 to -3 point win and neither he nor his opponents had any activity on the scoreboard the rest of the night. Calasans' only match in his weight class was also a draw and resulted in a decision loss to Mike Perez.

DOMINANT PERFORMANCES

For this article, a dominant performance includes the following: earned gold in their division, had no points scored against them, had no judge's decisions and submitted at least one opponent. Of the nearly 100 competitors, only Davi Ramos and Yuri Simoes satisfied that criteria. Two other fighters came very close: Rodolfo Vieira (2 subs, 1 win on points, and 1 decision) and Cobrinha (1 sub, 2 wins on points, and 1 decision).

The other athletes found their way to the podium with a mixture of victories by submission, points, and/or judge's decision. The women's champions were relative outliers. Dern was the only champion that was scored on as she won her match against Michelle Nicolini 4-4(-1). Cordeiro scored 15 points en route to gold and the only male competitor to come close was Yuri Simoes with 9 points scored.

Rodolfo Vieira vs Felipe Pena



Yuri Simoes vs Dean Lister

Orlando Sanchez vs Jared Dopp

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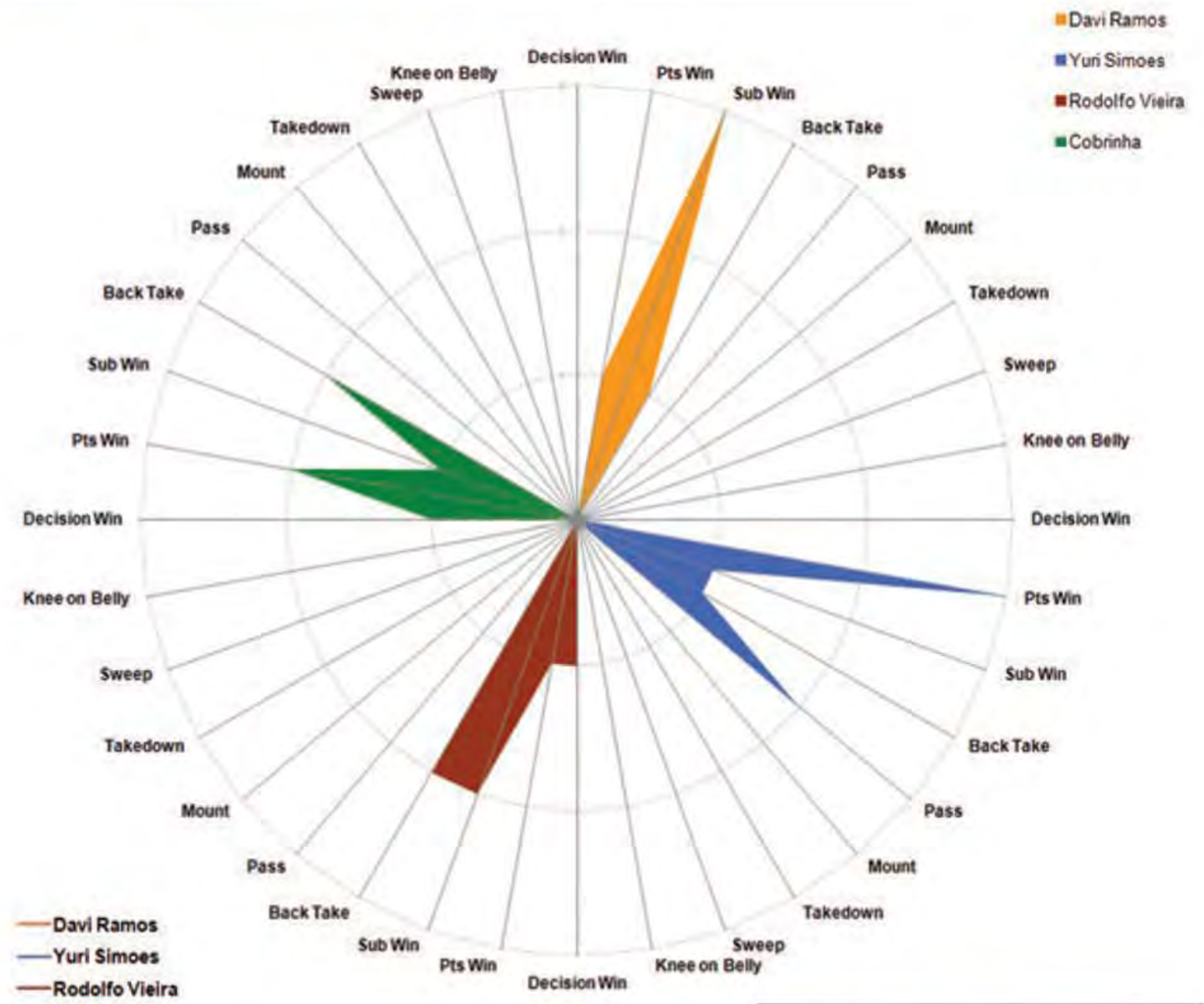
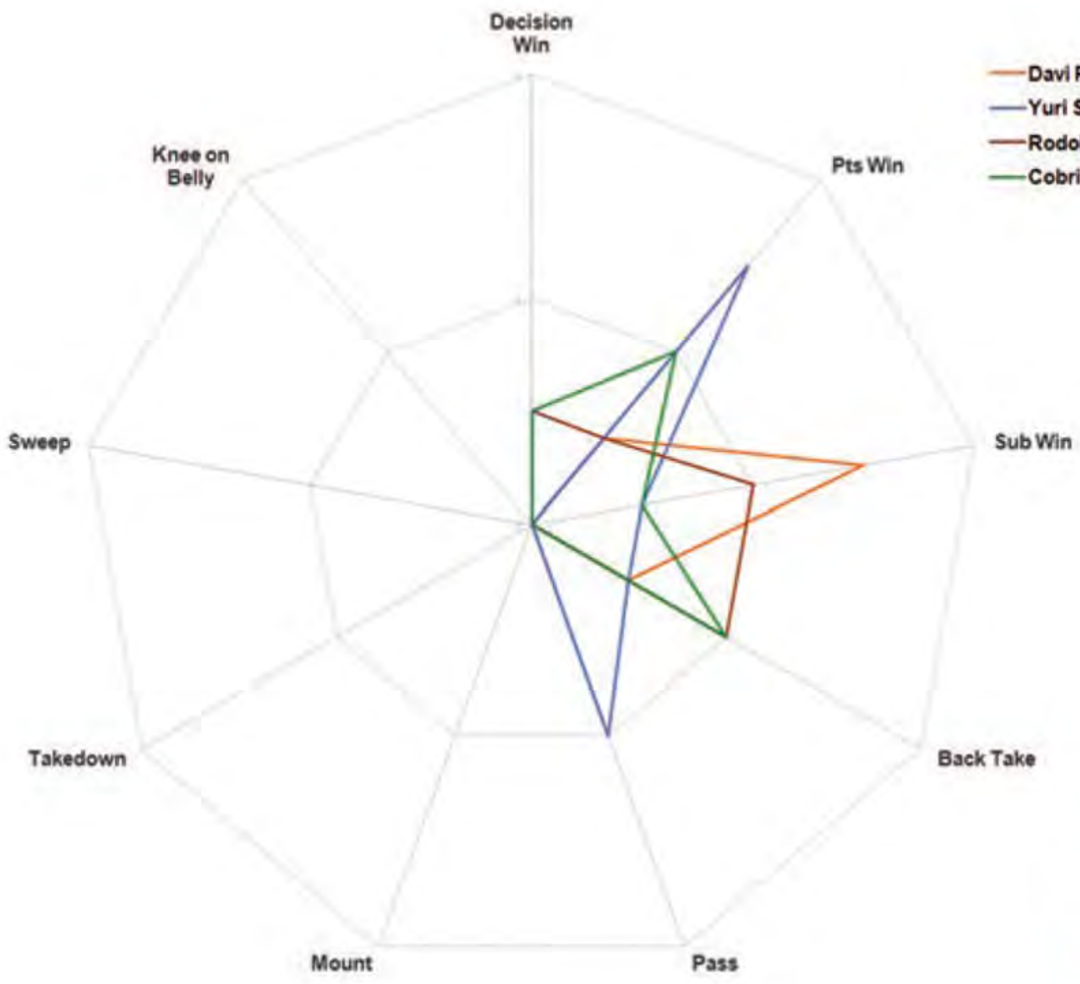
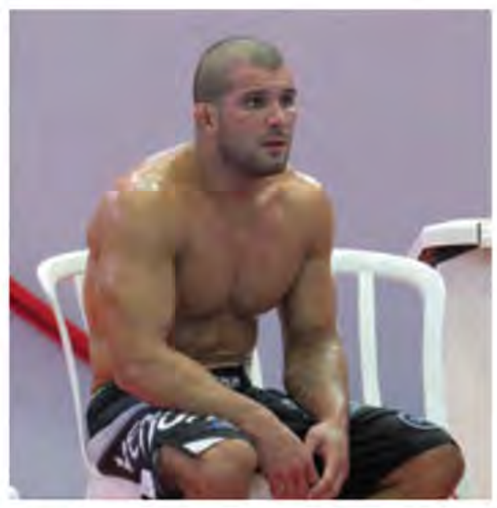
WHAT DOES THE GRAPH SHOW?

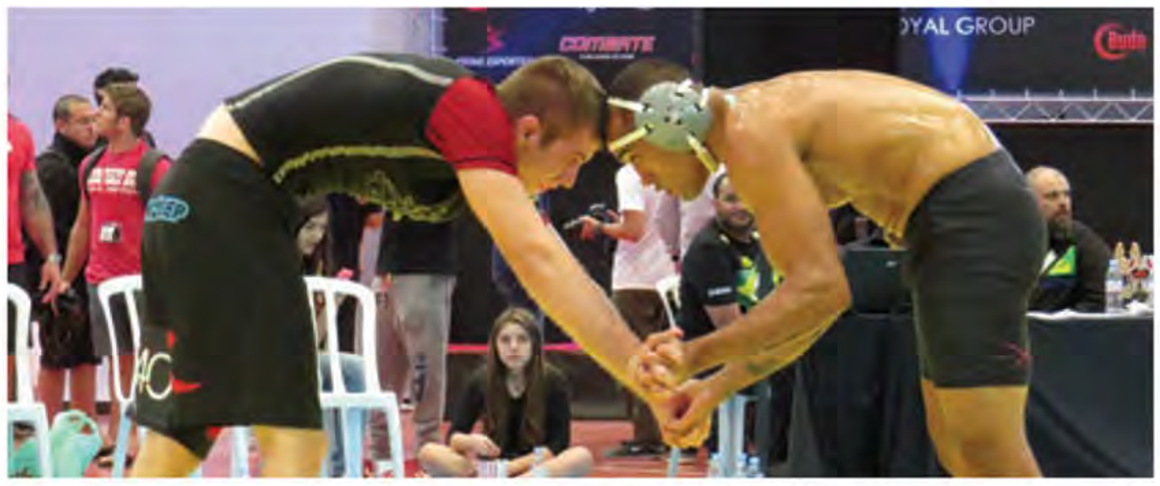
The data is read clockwise. The data points (in order) are: submissions wins, wins by points and judges decisions.

Davi and Yuri were the two most dominant fighters of the tournament simply because they never left it to the judges. Davi's run in particular was impressive with 3 submission victories, including his highlight reel performance against Lucas Lepri in the finals. Despite a judge's decision, Rodolfo's and Cobrinha's performances should be noted as well. Rodolfo submitted his first two opponents, defeated Xande Ribiero (6-0) in the semifinals, and ended the tournament with a decision win over Felipe Pena. Cobrinha's performance included a submission win, two wins with a score of 3-0, and a decision victory over Augusto Tanquinho Mendes.









	Decision Win	Pts Win	Sub Win	Back Take	Pass	Mount	Take-down	Sweep	Knee on Belly
Davi Ramos	0	1	3	1	0	0	0	0	0
Yuri Simoes	0	3	1	1	2	0	0	0	0
Rodolfo Vieira	1	1	2	2	0	0	0	0	0
Cobrinha	1	2	1	2	0	0	0	0	0

	Decision Win	Pts Win	Sub Win	Back Take	Pass	Mount	Take-down	Sweep	Knee on Belly	Decision Win	Pts Win	Sub Win	Back Take	Pass	Mount	Take-down	Sweep	Knee on Belly	Decision Win	Pts Win	Sub Win	Back Take	Pass	Mount	Take-down	Sweep	Knee on Belly	Decision Win	Pts Win	Sub Win	Back Take	Pass	Mount	Take-down	Sweep	Knee on Belly
Davi Ramos	0	1	3	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Yuri Simoes	0	0	0	0	0	0	0	0	0	0	3	1	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Rodolfo Vieira	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	2	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cobrinha	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	2	1	2	0	0	0	0	0

WRAPPING IT UP

For grapplers, this information is interesting and may give you guidance on how to adjust your game to emulate the grapplers that are winning. For promoters of PPV events, the data could mean the difference between a successful event that leaves the fans wanting more and a snoozer that will turn your audience off for good. The data can give them a picture of what the athlete did to earn his/her medals. Did s/he pile up submissions and high point totals? Or did s/he spend 10 minutes grip fighting? The choice is easy.

In a follow up article, we'll apply the same methodology to fighters through a full season. Will someone stand out from their peers?

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SAN DIEGO'S "CHARGERS"

WORDS: **WILL SAFFORD** | PHOTOS: **KENNY JEWEL, PATRICK FLORES, MIKE CALIMBAS**

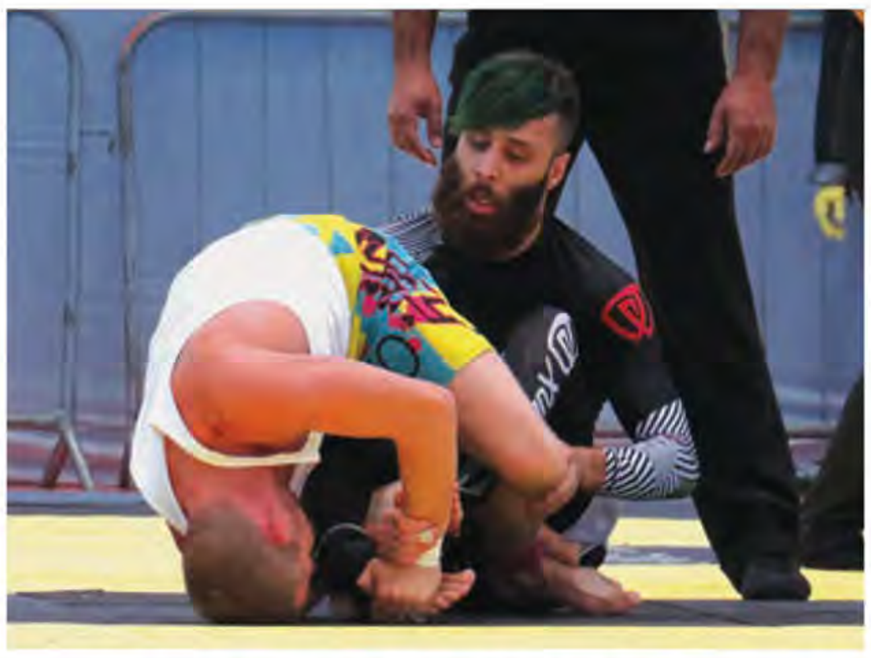
THERE ARE A FEW CITIES IN THE U.S. THAT SEEM TO BREED TOP JIU JITSU TALENT. Home to jiu-jitsu legends like the Ribiero brothers, Andre Gavlao, and Clark Gracie, San Diego might be the ultimate breeding ground. We hear much of the established veterans who train in "America's Finest City" like Keenan Cornelius, Xande Ribiero, and JT Torres, but there are few up-and-comers who, if you haven't already heard of, you surely will soon. We've compiled some of San Diego's rising stars from blue to black belt in preparation of the 2016 season.

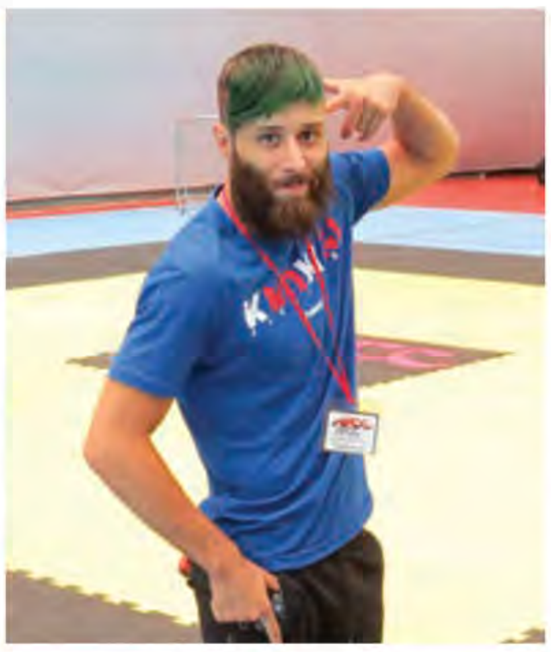
LUCAS BARBOSA

After tearing through the middle-heavy class at brown belt in 2015, Lucas Barbosa is fresh to both San Diego and the Black Belt Division. This young Brazilian (Age 23) began training under the eye of his brother, Andre Barbosa, who awarded him his Black Belt shortly after taking gold at the 2015 World Championship. Although Barbosa has always trained under his brother, he spent most of the last three years training at Equipe Marcio Rodrigues before moving to Atos Headquarters this past September.

Wielding a purple belt in judo and prior training experience with the Brazilian Olympic Judo Team, Barbosa is dominant on his feet. He favors the takedown into a strong pressure passing game that has helped him accumulate the top spot in this year's Abu Dhabi World Pro Brown Belt Absolute, Brazilian Nationals, South American Championship and Mundials. Barbosa has also made winning appearances at the Copa Podio in Brazil, besting numerous black belts while still donning the brown.

Barbosa's move to Atos was fueled by his quest for greater competitive training, more competitions, and further exposure at the black belt level. Although he dabbled in MMA, Barbosa's sites are set on the major events of 2016, specifically Europeans and Pan Ams, two titles missing from his collection. He'll consider returning to the cage but not until his expectations are met on the mat. Keep a close eye out for Barbosa in 2016 and expect hard fought matches with plenty of takedowns and hard passing.





GEO MARTINEZ

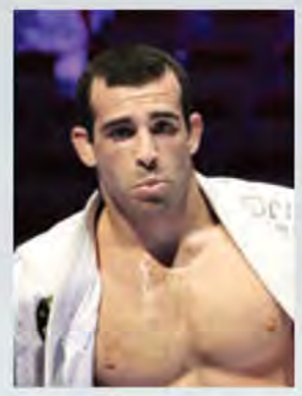
Geovanny Martinez, aka "Freakazoid," is a skilled no gi grappler training out of 10th Planet Jiu Jitsu in North San Diego county. After many years as a breakdancer, Martinez, possessing exceptional body control, flexibility, and coordination, transitioned easily into the 10th Planet system, and earned his Black Belt in just three years. Currently, Martinez trains daily with his brother, Richie "Boogyman" Martinez, who is also a talented competitor, at their academies, 10th Planet Oceanside and 10th Planet San Diego. He also makes weekly trips to 10th Planet HQ in L.A. to train under founder Eddie Bravo, while remaining hungry for top-level competition.

With just four years on the mats, Martinez has already accumulated an impressive resume. In his first year as a black belt, he was undefeated in competition and went on to beat the always-tricky veteran, Jeff Glover, in the final of the first Eddie Bravo Invitational. Martinez was also crowned victor at EBI2 and made an impressive showing at the ADCC trials, winning all four of his matches by submission, thus earning him an invite to the championship this past August in Brazil. There, he again bested Glover to make it to the semi-finals before losing by just two points to ADCC veteran, Bruno Frazzato - an impressive display for a rookie no doubt. In 2016, Martinez plans to continue competing at the highest level and wants to showcase his skills in superfights, tournaments - including IBJJF, and seminars across the globe. Stay tuned for the "Freakazoid" in 2016...

KRISTIAN WOODMANSEE

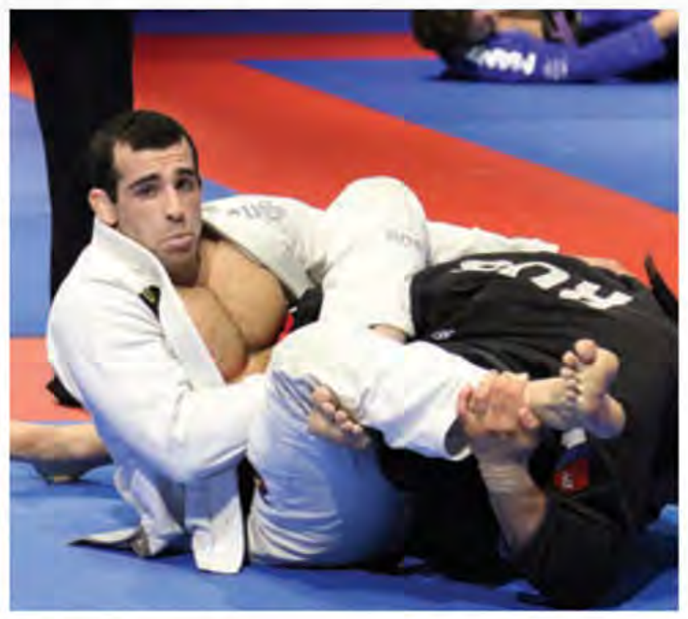
This rooster weight brown belt has been shaking up the lighter divisions since his days at purple under Robert Drysdale. Acquiring multiple Pan Am and European titles, and a No Gi World Championship in the brown belt in 2013, Woodmansee is a threat both in and out of the gi. Since moving to San Diego to train under Andre Galvao in 2014, Woodmansee has continued to compete at the

BRIAN MORIZI



With the black belt in close reach, Brian Morizi has earned his stripes, competing and medaling at every belt level and nearly every major event. The path has been long and not always straight ahead for this talented middleweight, as he transitioned in his earlier years from Gracie Barra to Atos, eventually landing under the tutelage of Clark Gracie in San Diego. Morizi has a tenacious omoplata game and relentlessly pursues the back position to finish opponents. He also competes regularly across the US and throughout the world with and without the gi.

Morizi has compiled quite the record with a No Gi World Championship title at purple belt, a combined seven gold medals (gi and no gi) at the American National Championships, and has won the Abu Dhabi World Pro Trials six times. He currently teaches full time at Clark Gracie's school, plans to compete at all of the major events in 2016, and at the age of 25, is surely set to make waves in the adult black belt division in the near future.



highest level, earning an invitation to Eddie Bravo's second event and various super-fights in the region.

Slated to enter the black belt division any day now, Woodmansee is as comfortable playing guard as he is passing, with his mind always on the submission. Being a lighter competitor, he finds working with his heavier teammates only ~~as~~ a benefit, and enjoys multiple roles under the Atos flag as a competitor, teacher, and teammate. His current focus is on competing at the highest level, teaching seminars internationally, and supporting his teammates as he continues his mission at rooster weight.

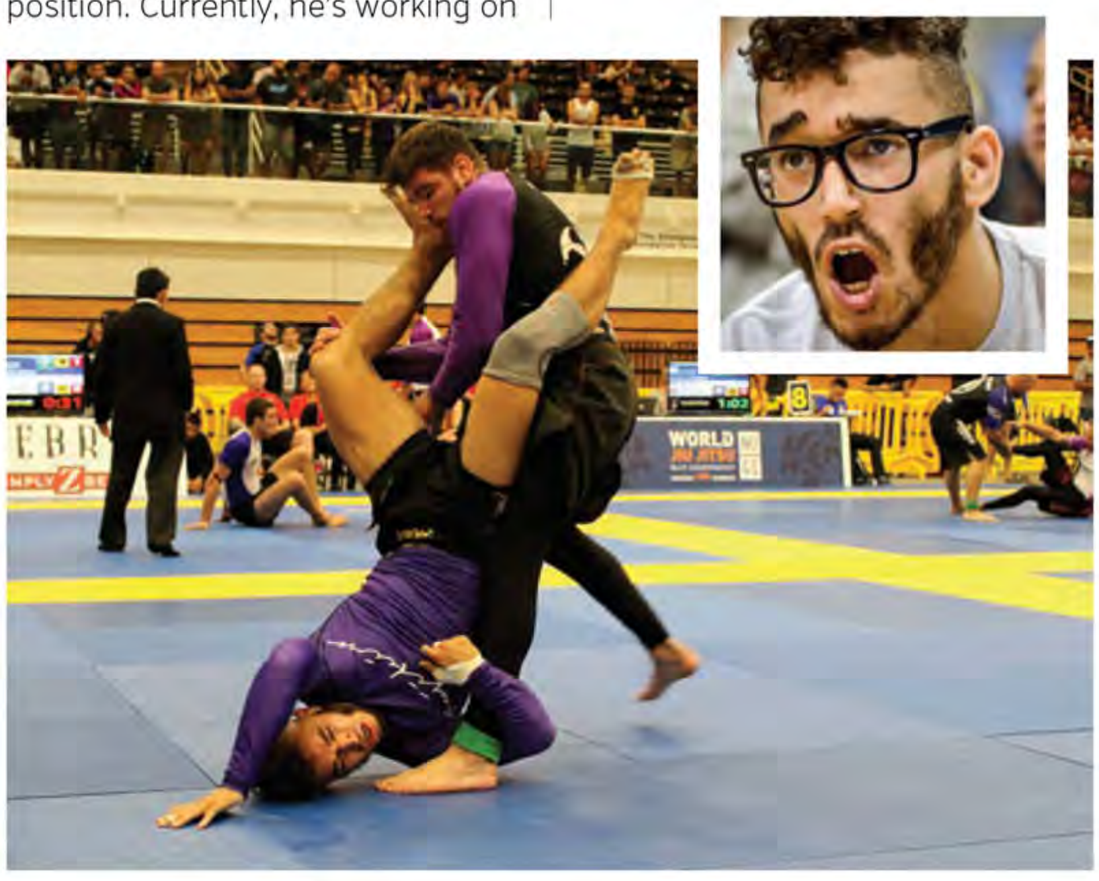
NISAR LOYNAB

This brown belt middleweight has consistently carved out a place for himself on the podium since his days in the juvenile ranks. With roots at Royce Gracie's academy and periods under Tony Passos and the Ribiero brothers, Loynab, in his quest for more competitive training, landed at the ever-aggressive Atos Jiu Jitsu. His preferred style of play is the pass, however he's most confident in his guard and remains offensive from all positions.

Starting at the young age of 16, Loynab is no stranger to the competition scene. He has made podium appearances at all of the major events including Pan Ams and both Gi and No Gi World Championships, and placed first at the American Nationals and Abu Dhabi World Pro Trials. With already two years under his brown belt, we will see this young 22 year-old come into his prime when he joins the ranks of Black Belt in the years ahead.

MIKE PEREZ

Mike Perez in an aggressive purple belt competitor out of Atos Jiu Jitsu who competes in the Heavyweight Division. Just before going to press he received his brown belt from Andre Galvao. In recent years, he has made a name for himself particularly in the no gi competition scene, often competing in the expert division and in weight classes above his true weight. After starting his grappling journey in Texas, Perez had stints under Rodrigo Medeiros, then Lloyd Irvin before landing with Andre Galvao in 2013. He prefers to be a threat from all areas; on top, playing guard, on his feet, and doesn't favor any particular position. Currently, he's working on combining modern jiu-jitsu styles with Greco Roman wrestling. Although Perez trains and competes regularly in the gi, his passion for submission wrestling has produced two gold medals in the 2014 No Gi Pan Am and Worlds. More recently, he won the 2015 North American ADCC Trials, earning himself a trip to the prestigious ADCC Championship earlier this year. Losing a close match in double overtime to the eventual overall ADCC victor, Claudio Calasans, Perez plans to return to and conquer the ADCCs in 2017. At the young age of 23, we are sure to see more of this juggernaut very soon.



DEVON DELBRUGGE

New to the West Coast, Delbrugge is already an accomplished competitor for his age. Beginning his grappling career as a wrestler, he transitioned to jiu-jitsu at age 16. Quickly he found his place on the podium with multiple medals at Pan Ams and Worlds in the juvenile division. Under the guidance of Lloyd Irvin, Delbrugge continued his quest in the Men's Division acquiring gold at blue belt in the highly competitive IBJJF World Championships, both in and out of the gi. At purple, he again reached the podium in No Gi Pan Ams and Gi World's, and has since transitioned to San Diego to learn and train at the world famous Atos Jiu Jitsu.

Delbrugge favors the guard and successfully uses an inverted style game with Berimbolos and tornado style sweeps to best opponents in his middleweight class and the absolute. Although he is not a huge fan of takedowns, five years of wrestling gave him a solid foundation for stand up, and he is now more comfortable passing and playing the top position. He is excited to train and compete with Atos and expects to sweep the major events in 2016.

MADISON OWNING

Owning is a dominant lightweight competitor who is rapidly making a name for herself in the female blue belt division. Formerly a basketball player, Owning got the jiu-jitsu itch after watching her older brother's grappling competitions and began training at age 16 in Sacramento. Not long after, she quickly racked up wins in local tournaments and soon took gold as a white belt at Pan Ams, and again at Worlds, without having a single point scored against her. She was awarded the blue belt on the podium and shortly after, transitioned to Atos Headquarters in 2014 to develop her competition skill set.

While attending San Diego State University as a full time business student, Owning has continued her pursuit of gold with first place finishes in American Nationals, the Long Beach Pro and the Santa Cruz Pro. In fact, she has collected eight gold IBJJF medals in just over one year at blue belt, and has no plans of slowing down anytime soon. Owning favors the spider guard, yet also likes shutting down opponents from the top with a variety of passes. Her current focus, aside from school, is to compete as much as possible to prepare for the 2016 Pan Am and World Championships.

MANY MORE...

I'm sure there are many other athletes deserving of mention that I'm missing. This is just a sampling. Be sure to be on the lookout for more rising stars coming out of "America's Finest City." Stay classy San Diego.

GEAR LAB

STORM KIMONOS

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Storm Kimonos have been producing quality gis for every segment of the jiu-jitsu market. May it be the weekend warrior, or part-time grappler, Storm produces a wide variety of kimonos that suits each individual's needs. The Storm Typhoon Ultra Lite Gi targets the competitive jiu-jitsu practitioner. As the name suggests, this gi is very light, making it ideal for competition, and overall just a sharp looking kimono.

THE JACKET

The jacket uses a Japanese weave, constructed from a very durable 420GSM. This gi is noticeably light compared to a typical training gi, making this great when you cut it close during a weigh in. The gi comes in white, blue, and black. We tested the black, which I personally found the sharpest looking of the three. The red interior lining, silver embroidery, and matching stitching complement the black gi extremely well. The word "COMPETITOR" is embroidered just below the belt line and the top back of the gi. On the inside of the left jacket you'll find a convenient pocket, perfect for storing your identification card, phone, or mouth guard. All of the workmanship on the jacket appears to be first rate.

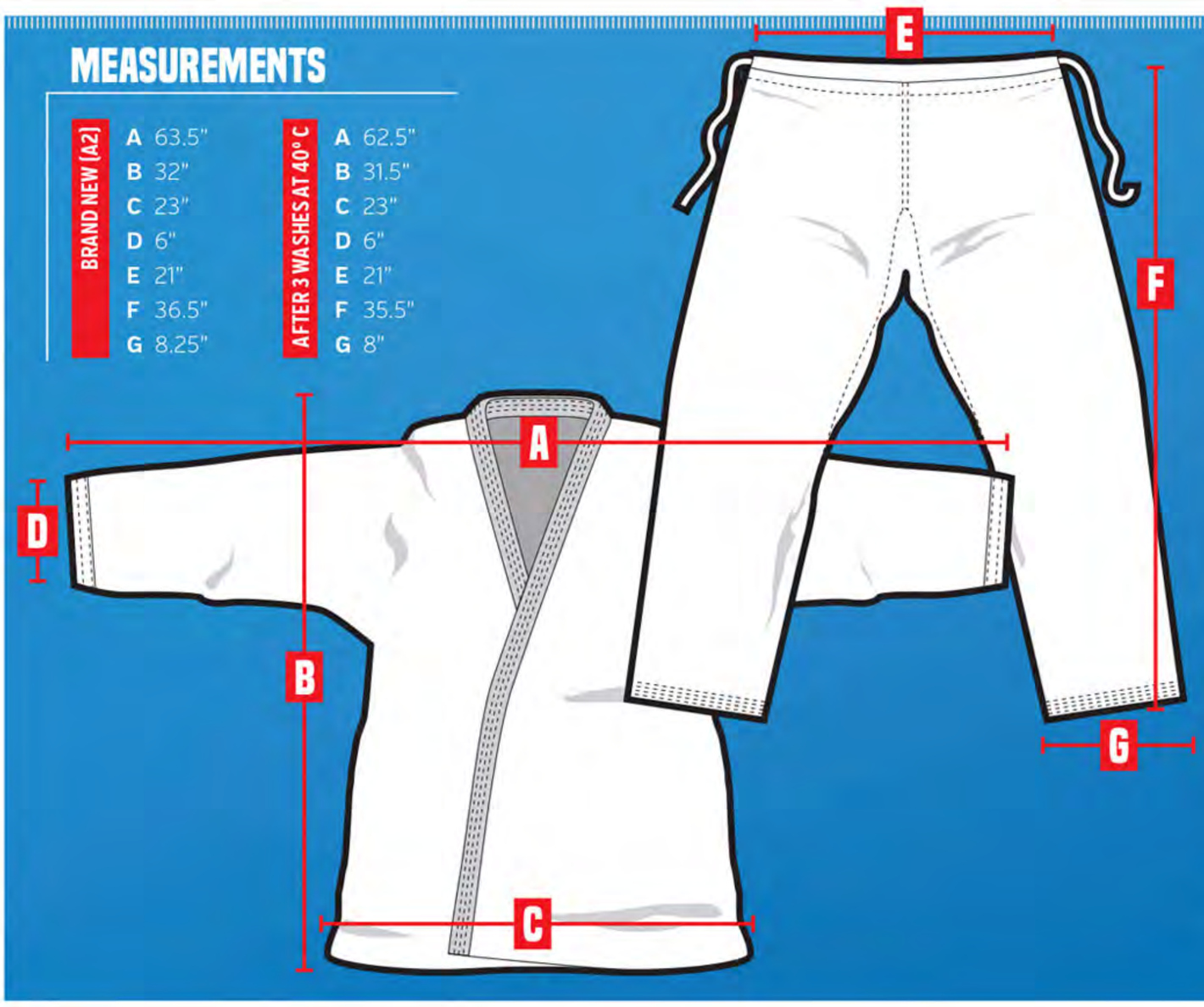
THE PANTS

The pants are just as noticeably light as the jacket. The 220GSM material is very breathable. Upon first glance, the stitching along the back gives the gi pants the impression it has back pockets. Although they aren't pockets, the pants look very clean, and I enjoy the styling. The red embroidery of the Storm logo really compliments the black well. The drawstring is similar to other Storm gis I've worn that use material similar to the pants. I always prefer the nylon rope drawcords, however this style seems to hold in place betterh than nylon drawcords. Like the jacket, the quaulity in the stitching and material is apparent in the pants. There's even a small pocket on the inside of the pants to keep your ID or anything else that will fit.

GEAR LAB

MEASUREMENTS

	BRAND NEW (A2)	AFTER 3 WASHES AT 40° C
A	63.5"	62.5"
B	32"	31.5"
C	23"	23"
D	6"	6"
E	21"	21"
F	36.5"	35.5"
G	8.25"	8"



FIT AND FEEL

I'm 5'9" and walk around at about 170lbs. The gi jacket hugged my body better than most gis I've tried in the past. The jacket's cut allows for maximum mobility in the arms with little to no excess material. The jacket lapels also lined up nicely, making the gi aesthetically pleasing. It's hard to look bad on the podium when you're wearing this jacket. The pants are a bit big before the first wash, but I carry most of my weight above my waist...(insert skipping leg day joke here). I did feel it could be cut a bit tighter, but it didn't seem to have any impact on performance. Overall, the pants fit fine and feel great. I actually wish I had a suit that fit this well.

On a side note, the gi experienced very little shrinkage after the first three washes.

ROLLING IN IT

The gi is a pleasure to roll in. The gi's cut made it feel like an extension of my skin. The triple stitching along the jacket and pant cuffs actually make the gi a little harder for opponents to fold over and get a decent grip. As I mentioned above, the pants were a little baggy on me, allowing bullfight grips to be easier to get, but this may not be the case for everyone. I was very surprised and enjoyed the range of motion I got in the gi. It's definitely a competition gi and one I would wear during a future competition. Weighing In at only 3 lbs 4.8 oz this is a very lightweight gi.

VERDICT

VERDICT

Great cut, great material!

PERFORMANCE	★★★★★
VALUE	★★★★☆
QUALITY	★★★★½
OVERALL	★★★★½

CONCLUSION

If you need a competition gi, it doesn't get much better than this. The black looks particularly slick because of the color scheme between the red interior lining and silver embroidery. It's lightweight and breathable for competition, but durable enough to wear around the academy. The jacket's cut was phenomenal, and one of my favorites. At the time of publishing the price of this gi is $159.99 directly from Storm, that's a very good price considering the quality of this gi. Storm really designed this gi with the competitor in mind, and any competitor wearing this gi will be very appreciative of that attention to detail.

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HIGH IMPACT MOUTHGUARD

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RECENTLY WE INTERVIEWED A DENTIST WHO TRAINS JIU-JITSU, AND WE ASKED HIM A TON OF QUESTIONS ABOUT DEALING WITH MOUTH INJURIES WHEN ROLLING. WE THOUGHT THAT MOST OF THE INTERVIEW WOULD BE TALKING ABOUT POST INJURY ISSUES. It ended up being mostly about why everyone should wear a mouthguard when rolling. Of course, we know that many people won't do that for whatever reason, so look for that Medic article next month. If you're one of the wise ones that wears mouth protection when training jiu-jitsu, or you've been thinking maybe it's time to smarten up, then this product review will be especially important to you.

MOUTH GUARDS CAN BE PUT INTO TWO CATEGORIES, CUSTOM FITTED OR FIT YOURSELF. I HAVE BOTH A CUSTOM FITTED GUARD THAT I USE REGULARLY ALONG WITH ONE THAT I FIT MYSELF (SISU) THAT I USE REGULARLY. My custom fitted piece is also made by Damage Control, so when I saw that they had come out with a complete "boil and bite" line up, I was eager to give one a try.

THE PIECE

The High Impact Mouthguard from Damage Control is an adult sized mouthguard made of Damprotech™ material. Damprotech is a damping material, that according to DC, is 150% more shock absorbent than EVA, the material used by most mouthguard makers. They even have the data from an independent lab to prove it. Out of the package the piece might look small, but once you go through the fitting procedure its shape expands to the size of your mouth. DC offers the High Impact Mouthguard in over three dozen different designs. The first time I saw the mouthguard, I thought that the design was just stuck on the outside of the piece itself. I was wrong; it's actually under a coating of material and should last for quite some time. If you have braces no problem- it works for athletes with or without braces. The HI Mouthguard also comes with a $10,000 Limited Dental Warranty. There are requirements but essentially if you knock out a tooth, or require repair, there's a per tooth reimbursement towards dental expenses. There are limitations, so be sure to check them out. But it's nice to have the peace of mind to know that DC puts their money where your mouth is, so to speak.

FITTING IT

Among the dozens of designs available, DC offers belt ranked guards from white to black and everything in between. The instructions are fairly simple: boil some water, put it in a coffee cup, place the guard in the hot water for 35 seconds, put it in your mouth, bite down, suck, then rinse in cold water. The first time I did this, either the water didn't get to boil, or 35 seconds wasn't long enough. I reboiled and left it in for about 45 seconds. When I put it in my mouth, I was clenched up and prepared to get burned (this has happened with other mouthguards) but that didn't happen. It was hot, but the HI mouthguard didn't transfer all the heat to my mouth and gums. The size of the guard (remember it seemed a little small) helped to ensure that my placement was perfect from the start. After biting down and sucking for 30 seconds, I rinsed off the guard and inspected the placement of my teeth. The fine gap between my two front teeth was perfectly aligned with the center of the guard.

ROLLING WITH IT

I've used other boil and bite mouthguards before that I've purchased at big sporting good stores. They kept my teeth safe, but I'd find that they would never stay in place. I always had to bite down to keep them in position. Like my custom mouthguard, the HI Mouthguard stuck once I put it in. This is a nice feature since you can breath easily without having to bite down in fear

of having your mouthguard fall out. This also makes talking to your training partners easier when the mouthpeice stays in place. I did notice that my gag reflex was a little more sensitive with this one versus my custom piece. The HI Mouthguard measures about 5mm thick at its thickest point, which is on par with my other mouthguard. However, the rear portion of the mouthguard extends further past my back teeth than my custom guard. After talking to our dentist, he said that this could help to cause the gag reflex. If this were a problem, I could trim some material; I spoke with DC direct and they informed me that making this modification would not void the $10,000 Limited Dental Warranty. After using the HI Mouthguard, I can say that the experience was a good one. It felt a bit more "clunky" than my fitted guard, but not bad when you consider the price difference. Aside from that, I had no complaints.

CONCLUSION

Considering the $19.99 price tag, this is a no brainer if you're not already wearing a mouthguard. People will use the excuse, "I can't roll with one in." But until you wear one that actually fits you properly, you can't say that. Having spent plenty of money on dental work over the years, none from jiu-jitsu injury, I can tell you it sucks not only to have the work done, but also to write that check to your dentist- no matter how friendly they may be. I've seen plenty of chipped teeth, busted lips, and even a tooth get knocked out from jiu-jitsu. Don't let this be you. It's worth $20 to try one out and increase the odds of keeping all your teeth.

At under $20 you have no excuse.

PERFORMANCE	★★★★½
VALUE	★★★★★
QUALITY	★★★★½
OVERALL	★★★★½

HIGHLIGHT & SPECS

- Stays in place once in
- Fitting process is easy
- Good quality material

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TO COMPETE OR NOT TO COMPETE

The Answer is Compete!

WORDS: **GUSTAVO DANTAS**

IF YOU HAVE COMPETED BEFORE, MOST LIKELY YOU HAVE NOTICED THAT YOU HAVE MORE FOCUS, DISCIPLINE WITH YOUR TRAINING, AND DIET WHEN YOU ARE GETTING READY FOR COMPETITIONS.

This helps with the process of developing and refining your jiu-jitsu game. For those who have never competed before, they may ask: "That's it? Refine my game? What else can I gain from competing?"

Well, it all depends on your perceptions and opinions. Those are some of the benefits of competing, but another benefit that is often forgotten and neglected is how jiu-jitsu competitions, with the proper guidance, can be an amazing personal development tool. Competitions teach you valuable lessons that can be beneficial on and off the mat. You learn a lot about yourself when you are under pressure in situations like a tournament. You learn how to control your emotions, be comfortable in uncomfortable situations, and how to become more mentally prepared to overcome adversities, failures, and all the "curveballs" that life throws at you when you least expect them.

❖ Having an external motivator like competition will help you push your training.

DON'T SELF LIMIT

If you are a competitor or aspiring competitor, you might be fighting internal battles that no one knows about -only you know!

Asking questions like: "What if I lose? I don't want to disappoint anybody", or "Can I beat him/or her? Am I good enough?" are only a few common self-limiting beliefs that might be holding you back from performing to the best of your ability and preventing you from even signing up for a tournament because you are allowing your mind to control you, instead of you controlling your mind. Oftentimes, negative patterns such as fear of failure, fear of disappointing others, and perfectionism that have been holding you back in jiu-jitsu, might be holding you back in your personal and professional life. Your job is to find the source of the issue and do something about it.

I'm going to share with you three steps that can help you with the process of discovering what is holding you back from being the best version of yourself.

- A positive attitude will pay dividends win or lose.

DO YOU THINK ABOUT WHAT YOU THINK ABOUT?

Before I give you the three steps, I would like you to think about the question "Do you think about what you think about?" The reason I ask is because we often get so caught up in the rat race of our lives that we function in autopilot mode; we don't stop to think about what we think about. When you do realize what you think about, you will realize that you have a lot more negative thoughts than you ever expected. Researchers say that human beings have an average of fift to sixty thousand thoughts

per day, and seventy to eighty percent of them are negative. We don't realize how often we criticize and judge not only others ["that guy is out of shape...that girl is wearing a horrible t-shirt..."] but mainly ourselves: "Am I good enough? What if I don't succeed?" It's so automatic that we don't even realize the internal damage this can cause.

With that said, your first step to locating what could be holding you back from performing to the best of your ability on and off the mat is:

SELF AWARENESS

Step # 1: Think about what you think about! You must be aware of your negative thoughts, doubts, insecurities, and assumptions caused by your "Dark Passenger". Who is the Dark Passenger? It's the voice that tells you all your negative patterns. This voice will be with you for the rest of your life, but the good news is that you can learn how to control it, and the first step is self-awareness. When you notice a wave of negative thoughts, you must stop, take a deep breath and use the second step:

❖ It's not over until it's over.

CHALLENGE THE THOUGHT

❖ You control how you think.

Step # 2: For example:

"What if I don't succeed? I don't want to disappoint anybody. ". You need to challenge this thought: Is this a rational or irrational thought? Do I have control or no control of it? So let's analyze it....

Do you have control of the outcome of your challenge [i.e. tournament, job interview]? NO. Do you have control of the expectations that others may have of you? NO! You're making an assumption based on the story that you're telling yourself. Now that you are aware of the issue, you are aware of what you can and cannot control, you need to take the third step:

ABOUT THE AUTHOR

Gustavo Dantas, aka "The BJJ Mental Coach", is a 4th degree Brazilian Jiu-Jitsu Black Belt. A world class competitor and coach, Gustavo is a Certified Mental and Life Coach with a physical education degree who helps competitors discover what is holding them back from performing to the best of their abilities and reaching their full potential. As a speaker and author, Gustavo has created the innovative program for jiu-jitsu competitors called: "Inner Discovery for Outer Success", and wrote the book "Launching Your BJJ Journey After 30, 10 Steps to Maximize Your Competition Experience". For more information on Gustavo's coaching programs, books, and DVD's, please visit **thebjjmentalcoach.com**

MAKE A DECISION

Step # 3: Are you going to stick with the thought that is going to help you to move towards your goal? Or the thought that is going to hold you back and move you away from your goal? If you choose the first option, you must focus on things that you can control, for example, if you are in a warm-up area getting ready to compete, the only thing that you can focus on is your performance. You can repeat affir tions such as: "My goal is to perform to the best of my ability and be the best version of myself with the tools and knowledge that I have right now." Sometimes your best is enough to win, sometimes it's not, but at least you are at peace with yourself and in knowing that you truly did the best you could.

Don't let your negative self-limiting beliefs prevent you from living your life to its fullest, to accept new challenges, and to enjoy your life's journey. There is a great book called "The Top Five Regrets of the Dying, A Life Transformed by the Dearly Departing", written by Bronnie Ware, where she mentions that the most common regret of all when people realize that their lives are almost over is: "I wish I'd had the courage to live a life true to myself, not the life others expected of me."

If competing is something that you would like to try, do it! If you want to keep competing, do it! If you have a goal or dream that you would like to go after -do it! Because life is too short to worry about what others think of you. Now, use these three steps every day and you will notice a great amount of personal growth on and off the mat. What is holding YOU back? Think about that.

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THE IMPORTANCE OF SLEEP

WORDS: **NAVEED SHAN**

TRAINING. NUTRITION. Recovery. These are the three most important components to performing optimally for any athlete. Training improves our athleticism, nutrition nourishes our bodies, and recovery allows our bodies to repair and grow stronger. More often than not, we ignore the latter component and dismiss the need for recovery. We go all out on the mat, supplement our jiu-jitsu game with strength and conditioning, eat well, and yet we ignore the importance of recovery. What is the best form of recovery? People use cryochambers, ice baths, contrast showers, and a variety of supplements to improve recovery to get back on the mat faster and stronger than before. Despite the hype surrounding these tools, they all pale in comparison to the power of sleep.

Sleep is essential; it is essential for our muscles to grow, for our intellectual capacity, and our overall health. Sleep is even more crucial for athletes and jiu-jitsu is no exception. Our bodies go through normal wear and tear on the mats and it is when we sleep, our bodies recover and come back stronger. When we get the optimal amount of sleep, along with a proper diet and ideal training; our bodies perform at their best. When we are sleep deprived, no amount of training or proper nutrition can make up for that. Unfortunately, some issues can arise when we don't get enough sleep.

STRESS FRACTURES

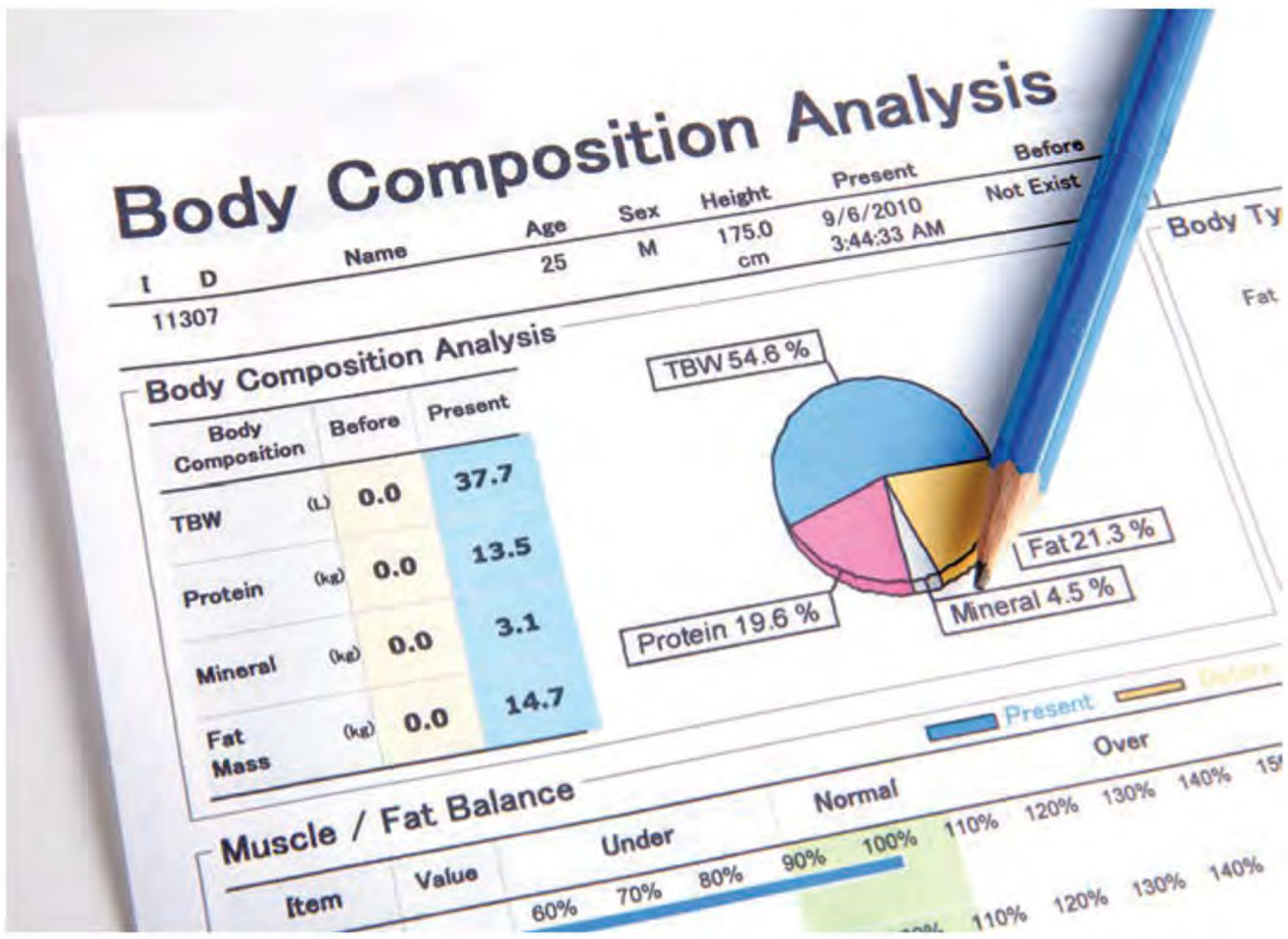
There have been several studies with athletes and in the military that shows an association between stress fractures and sleep. The less sleep we get and the more physical activity we perform, the higher risk of stress fractures. Our bodies replace bone cells regularly due to wear and tear of the body. An unfortunate side effect is that our bones do not replace themselves as effici tly when we lack sleep. This leaves us at a greater risk for stress fractures, specifically the bones of the arm, feet, and the ribs.

HORMONAL EFFECTS

Our bodies secrete the largest amount of anabolic or (tissue building hormones) when we sleep. These hormones such as IGF-1, testosterone, and growth hormone, are all secreted primarily when we sleep. This allows our tissues to recover from our daily activities and also assists with tissue growth (i.e. muscle). If we do not get enough sleep, these hormones become suppressed, not allowing for full recovery of muscles. We also have other hormones, such as ghrelin, that signal our bodies to not use fat as a fuel, make us hungrier, and can lead to unwanted weight gain.

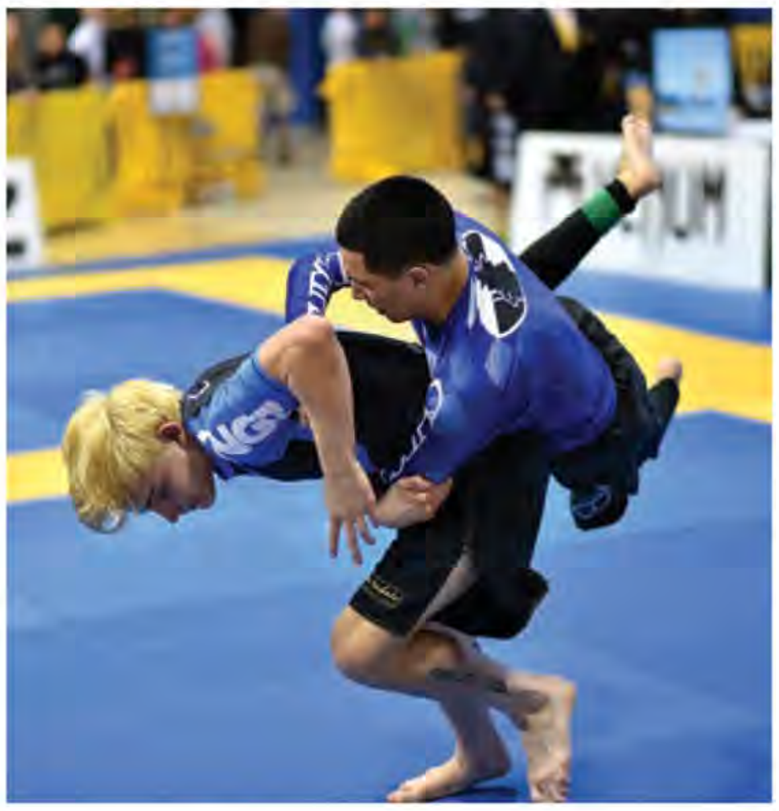
BODY COMPOSITION

Leading off of hormonal effect directly affects our body composition. Because we decrease tissue building hormones and increase tissue wasting (catabolic) hormones, we may become softer and less muscular simply from sleeping too little. A recent study showed how sleep deprivation also changes the way our body uses food as an energy source and how this affects body composition. Two groups were placed on a caloric deficit with one group sleep deprived while the other completely rested. Both groups lost the same amount of weight but the sleep deprived group lost much more muscle than fat compared to the well-rested group.



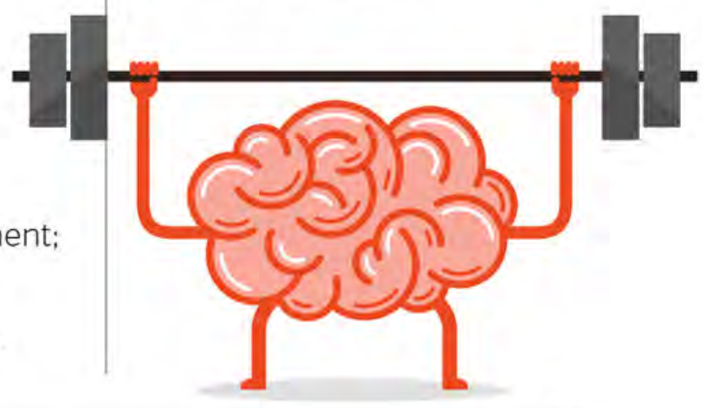
ATHLETIC PERFORMANCE

In order to perform well as an athlete, you need a combination of power, speed, strength, and endurance. Unfortunately, when we do not get enough sleep, these qualities can diminish significantly. Researchers at the University of Southern California found that just a few days of sleep deprivation decreased sprint speed, strength, power output, and precision within their respective sports.



COGNITIVE ABILITY

Jiu-jitsu is often compared to chess, as it is quite the cerebral sport. With countless reactions to an opponent's actions, we need to stay sharp and focused when we go against any opponent - as any slip can cost us points and victory. As we become more experienced on the mat, we become more autonomic in our movement; escapes, reversals, and submissions all take less focus and are just based on reaction. Unfortunately, when we are sleep deprived, our reaction times, ability to recall information, and long term memories all significantly reduce. This can have a direct impact on your game.



Fortunately for us, all of these issues can be reversed simply by sleeping! Many of the issues that arise when we don't get enough sleep can subside when we get back to an optimal sleeping routine for a few days. Getting a good night's sleep isn't always easy but it should be a priority for any athlete.

SO WHAT CAN YOU DO TO IMPROVE SLEEP?

01

Get an adequate amount of sleep (for you). The amount of sleep people need to function is really based on the individual but it seems to average out between 7-9 hours of sleep per night. Very few people need less than five hours of sleep to function optimally. If you do not wake up feeling refreshed and have to consume energy drinks to get you through the day, you need to reassess your sleeping needs.

02

Stay away from stimulants before bed. Caffeine, tobacco, and alcohol all negatively impact sleep as they all stimulate the nervous system. If you do consume any of these types of substances, do so at least 5-6 hours prior to sleeping. These tend to stay in your system for quite some time and their effects on the body can linger.

03

Black out your room before bed. Melatonin, the hormone that controls our wake and sleep cycles, has a strong correlation with sleep. Melatonin increases in the evening and decreases in the morning to allow us to wake up. When exposed to any kind of light, our bodies stop secreting melatonin, which disrupts our sleep.

04

Go to sleep at the same time every night. This is the easiest way to set our internal clocks to ensure that we have a restful night's sleep. It is much easier to change the time we go to sleep than it is to change the time we have to wake up due to work, school, and other responsibilities. Developing a routine to make sure you go to sleep at the same time every night is one of the best ways to get a good night's rest.

05

Sleeping more than normal around tournaments. Researchers call this "sleep extension" which has recently been shown to improve reaction time and some athletic performance measures, especially if you are chronically sleep deprived. While family, work, and other obligations may not allow this, getting a full night's rest before your next tournament can make some improvements to how you perform on the mat.

As we are mammals, sleeping is necessary. It is vital for our bodies and minds to function optimally. You work hard on the mat to improve your game. You eat well to nourish your body with healthy and nutrient dense foods to fuel your performance. You hit the weight room to keep your joints healthy and muscles strong. Sleeping is just as important and can improve how you feel and perform on and off the mat.

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THE ULTIMATE GRAPPLER FINALE

PHOTOS: **TONY RAPPA** | WORDS: **STAFF**

THROU GHOUT THE YEAR, GRAPPLERS FROM AROUND THE COUNTRY HAVE BEEN QUALIFYING FOR A SHOT AT THE TITLE OF "THE ULTIMATE GRAPPLER." THIS TITLE ISN'T AN EMPTY ONE. In order to qualify, you must have won in a Men's No-Gi Absolute Division at one of the qualifying events around the country. You couldn't have just made it onto the podium, you had to have won the whole thing. If you won a qualifier, you were rewarded with $200, a custom trophy, and a shot at the finale.

The Ultimate Grappler finale was held November 21st in Orlando, and coincided with the Newbreed Universal Grappling Championship. This event was open to all ages, styles, and skill levels, in both gi and no-gi. The event was packed with record-breaking attendance.

The Ultimate Grappler finale was a tough six man bracket including: Joseph Baezz out of Kentucky, Matt Arroyo - former UFC TUF alumni, the Moncaio Brothers, Jeremy Diaz, Fight Sports phenom Rueben Alvarez, the always tough Dan Martinez, and finally to round out the bunch, The Ultimate Grappler 2013 Champion, Enrico Cocco. The final match was hard fought between Rueben Alvarez and his one time mentor, Enrico Cocco. Eventually Enrico caught Rueben in a heel hook and the match was over. Cocco was once again crowned The Ultimate Grappler Champion and took home the big $2500 check!

THE OVERALL RESULTS:

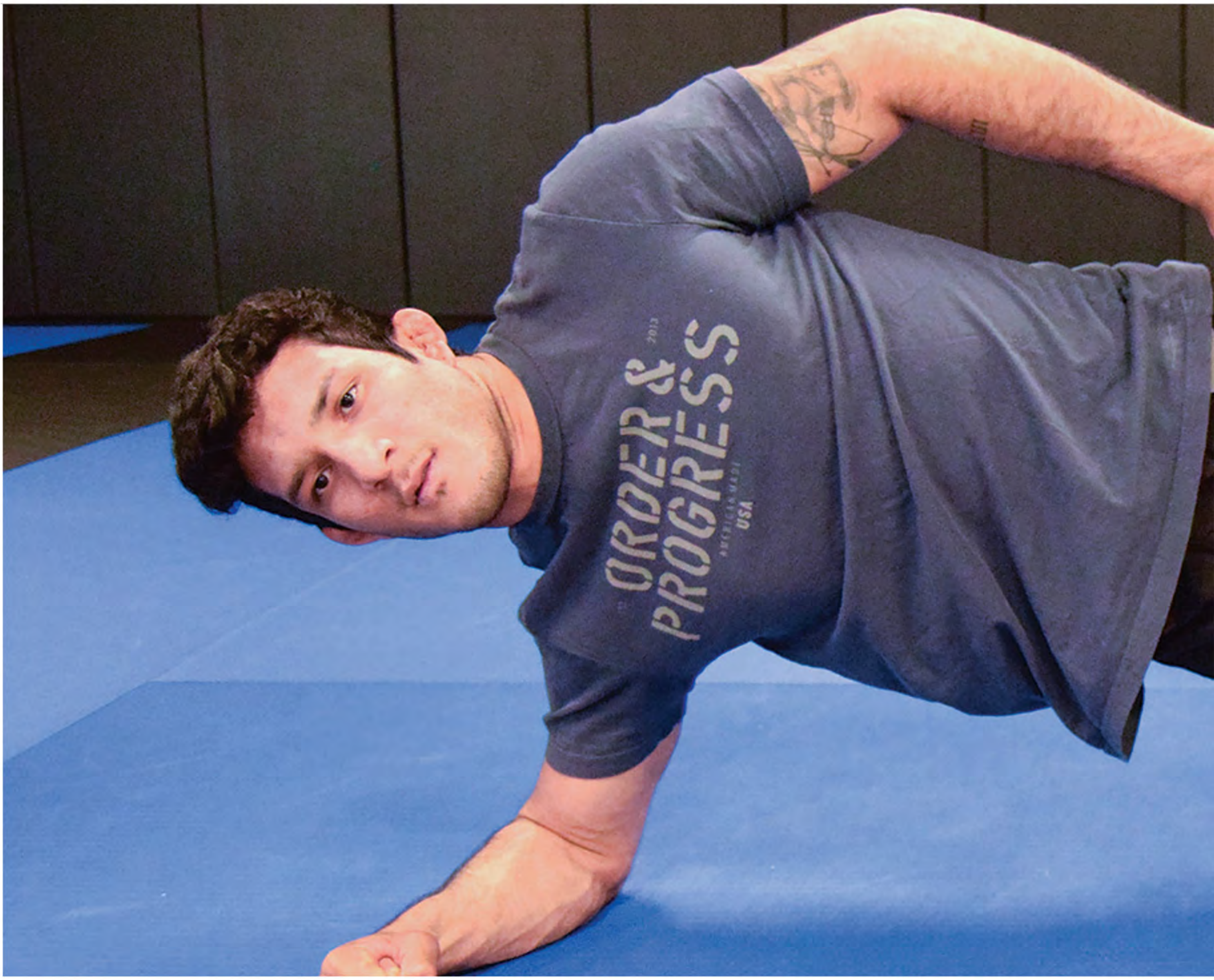
Youth Team Champions

1st place: Gracie Barra - Kissimmee, FL
2nd place: Fabin Rosa BJJ
3rd place: Third Law - Naples, FL

Adult Team Champions

1st place: Gracie Barra - Kissimmee, FL
2nd place: American Top Team
3rd place: Gracie Tampa

This year's schedule has already begun with ten events scheduled in the first three months of the year alone. This year, Newbreed Ultimate Challenge will be traveling all across the country with stops in Jacksonville, Chicago, Charlotte, Dallas, Richmond, Philadelphia, Long Island, Tampa, Las Vegas, Houston, and many more. For more information on future events go to their website, **NEWBREEDUC.COM.**

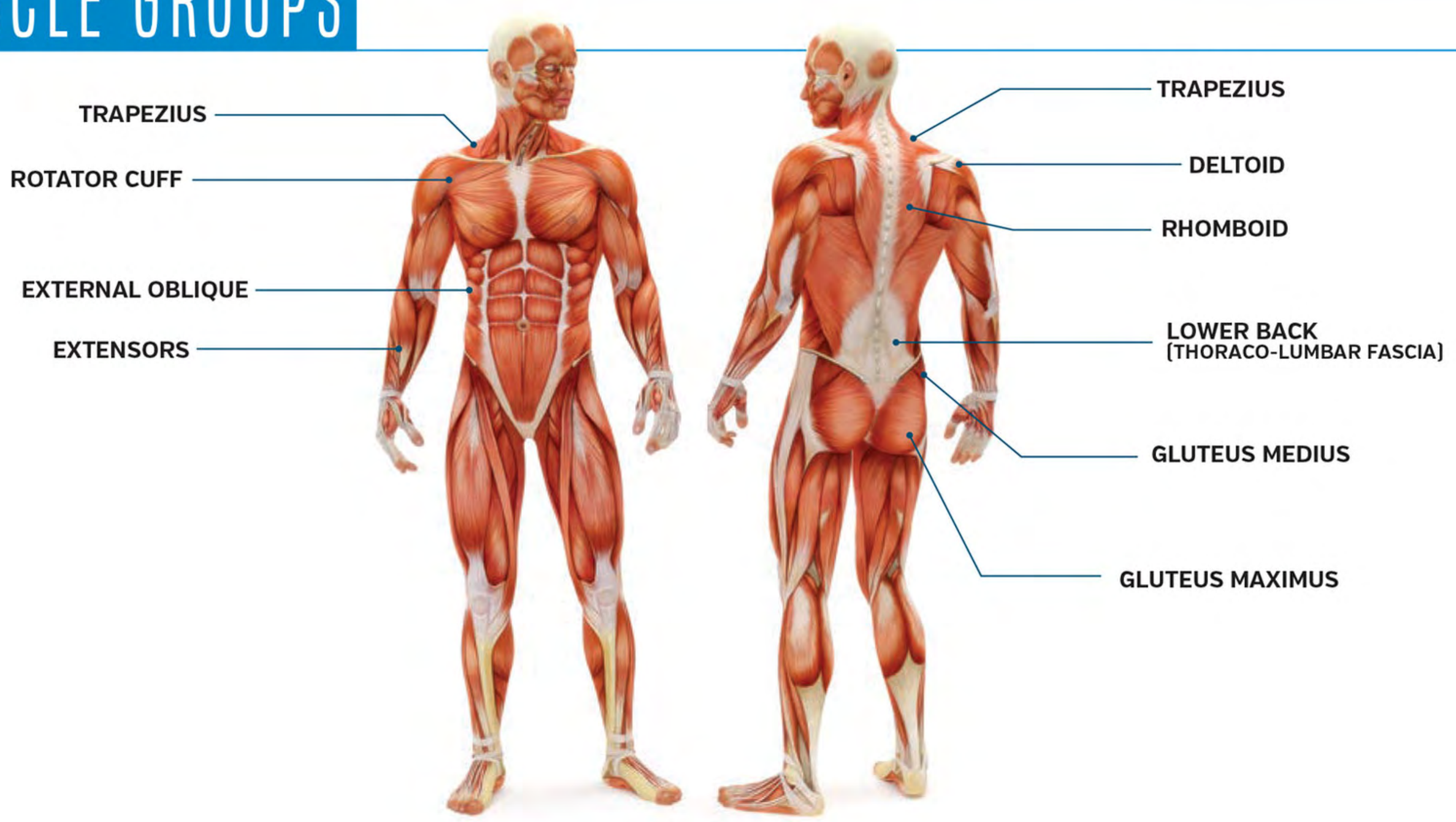


STRENGTHEN YOUR WEAK SPOTS

WORDS: **WILL SAFFORD**

CHANCES ARE WHEN YOU HIT THE GYM, YOU GO AFTER HIGH-IMPACT EXERCISES LIKE SQUATS, DEADLIFTS, AND PRESSES. NO DOUBT IT'S A SMART IDEA TO BUILD YOUR PROGRAM AROUND COMPOUND MOVEMENTS LIKE THESE, AS THEY PACK ON MUSCLE, DEVELOP TREMENDOUS STRENGTH AND POWER, AND CONTRIBUTE BIG TIME TO YOUR PERFORMANCE ON THE MAT. However, chances are you've also neglected a few highly important smaller muscle groups that can pay dividends when it comes to injury prevention and optimal performance. The following exercises can be added to your current routine to bring balance to the body, undo some of the dysfunctional movement patterns we develop on the mat, and help you stay injury-free.

MUSCLE GROUPS



RHOMBOIDS / LOWER TRAPS

With consistent time on the mats, it's easy to adopt the dreaded "slumped" position, or more correctly, Upper Crossed Syndrome, with rounded shoulders and a forward jutting head. We're constantly taught to keep our elbows and legs in tight and to protect our necks. While this will help us defend ourselves, over time it could lead to poor posture and serious overuse issues like rotator cuff impingement, biceps tendinitis, and shoulder instability. The following exercises will help combat that slumped position and strengthen your postural muscles.

SCAPULAR RETRACTIONS

This exercise will strengthen the rhomboids, which are the muscles in your upper back that are responsible for pulling the shoulder blades together and providing stability to the shoulder.

Loop a band around an anchor point at chest level. Grab the handles and stand with your arms in front of you at chest level, palms facing each other.

With some tension in the band, make a micro movement squeezing your shoulder blades together as if you were cracking a walnut between them. Hold the squeeze for a moment, then repeat again for repetitions. Don't allow your elbows to bend or your shoulders to elevate. The movement is a shrug backwards and can also be performed with a rope on a pulley machine.

BENT OVER V RAISES

The lower trapezius muscles are commonly weak on most people, with the upper traps eager to take over the lower trapezius' job. To battle this, try the Bent Over V Raise to target the lower traps, which are just below the rhomboids, and are responsible for retracting the shoulder blades back and down.

Grab two light dumbbells and assume an athletic stance with knees bent, core tight, and a flat back. To begin, allow the dumbbells to hang straight down in front of you with palms facing up. Raise the dumbbells out in an upside down V shape, squeezing your shoulder blades together in the process. Hold the top position for a moment before lowering, and repeat for reps. Don't allow your elbows to bend, and keep your chest facing the ground. Focus on your middle back, and don't allow the upper traps to contribute on the exercise.

HIGH ROW TO EXTERNAL ROTATION

With all of the joint locks attacking the shoulder in jiu-itsu, it's important to have healthy rotator cuffs. The rotator cuff is made up of four muscles that work together to stabilize the shoulder joint. The High Row to External Rotation exercise will work the muscles of the upper back, including the rhomboids, as well as the muscles of the rotator cuff.

Loop a band around an anchor point at eye level, and grab the handles with your arms in front of you at shoulder height, palms facing down. Start the exercise by squeezing your shoulder blades together, exactly like the first exercise - scapular retractions. Next, squeeze the muscles of your upper back and drive your elbows backward to finish with your elbow joints at 90-degree angles. Then, rotate your hands upright like you were making the sign for a field goal. Maintain this position for a moment, then reverse the movement, lowering your hands first, then extending your arms back to the starting point. Maintain high elbows throughout the entire movement and don't lean or arch back, keeping a vertical spine throughout. Use a split stance for stability.

REAR NECK

The front of the neck gets plenty of work when playing guard. The head is up off of the floor constantly, looking and reacting to our opponent. This is great for building endurance in the front of the neck; however, this combined with the forward head posture discussed earlier, is a recipe for injury. To balance the muscles of the neck, do isometric neck extensions, which will work the muscles on the backside.

ISOMETRIC NECK EXTENSIONS

Stand with your back against a wall with the back of your head touching the wall. With your head tilted slightly down, drive your head straight back into the wall for a minimum of five seconds before releasing, and continue for reps. Don't allow your shoulders to shrug upward and if necessary, add a towel behind your head for extra padding.

LOWER BACK

This next exercise hits multiple problem areas with one simple move. Again, jiu-jitsu promotes a very rounded body position, which wreaks havoc on posture and breathing mechanics. It's always smart to extend the body backwards to balance out all of that forward flexion.

SUPERMAN

Lie face down on the floor with your arms in front of you as if you were flying, and make two thumbs up. Using the muscles of your lower and upper back and neck, lift your legs, arms, and head up off the ground as high as possible. Hold the top position for a moment before lowering back down. Don't allow your elbows or knees to bend and try to focus the exercise on your lower back, not your glutes (gluteus maximus).

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FOREARMS

As the old saying goes, jiu-jitsu is about "grips and hips." The muscles of the fingers, wrists, and forearms get a healthy dose of action both in and out of the gi. Much like the Superman above, it's smart to work the opposing muscles groups to prevent imbalances. In the case of gripping, it's the muscles on the back of the forearm.

FINGER EXTENSION WITH RUBBER BAND

Bring all of your fingers together to meet your thumb and place a small rubber band around them. Using the muscles on the backside of your forearm and hand, open your fingers as wide as possible, stretching the rubber band. Hold the "open" position for a moment then close all of your fingers together and repeat. Start with a thin rubber band, then add more bands, or find a thicker band, for more resistance.

GLUTEUS MEDIUS

The gluteus medius is responsible for abduction of the hip, or lifting your leg out to the side, as well as stabilizing the pelvis. This is crucially important when standing on one leg as if to complete a pass or takedown. The glutes however, are rarely taxed on the mat, and a weak glute medius can lead to issues like knee and lower back pain. To sure up this weak spot and give your side obliques a challenge, try the Side Plank Leg Lift

SIDE PLANK LEG LIFT

Begin by lying on your side. Prop yourself up onto your elbow, squeezing your side core muscles to elevate your hips off the ground, feet stacked one on the other. Your elbow should be directly below your shoulder and pushing into the ground to prevent bunching in your shoulder joint. From the side plank position, lift your top leg up, using the muscles of your outer glutes (gluteus medius). Try to raise the leg leading with the outside of your heel, toe pointed down. Hold the leg up for a moment, then slowly lower it back down in a controlled motion. Don't allow the leg to crash back down to the other, and maintain your hips high in a strong plank position throughout the entire movement

PRESCRIPTION:

These exercises can be added to your warm up to make sure your muscles are activated and ready to do their job in your main lifts. As a warm up, do two sets of each exercise for 15 to 20 reps each. Most of these muscles are small and work best when trained for endurance, so high rep sets are the way to go.

You can also choose exercises based on your training split. For example, let's say you will be doing a lower body routine of squats and deadlifts Activate your gluteus medius beforehand with two sets of side plank leg lifts and your lower back with two sets of Supermans. If doing an upper body routine of chest and back, warm up with a few sets of scapular retractions, Bent Over V Raises, High Rows to External Rotation, and Finger Extensions with a rubber band.

You can also create a workout combining the exercises above in a pre-hab training session. As mentioned, these muscles respond best to endurance training so add isometric holds of five to fifteen seconds to develop this quality.

INJURY PREVENTION WORKOUT

3 ROUNDS OF:

Scapular Retractions	10 reps w/ 5 second isometric (iso) hold
Isometric Neck Extensions	5 reps w/ 5 second iso hold
Bent Over V Raise	10 reps w/ 5 second iso hold

3 ROUNDS OF:

High Row to External Rotation	15 reps
Side Plank Leg Lift	15 reps per side
Superman	10 reps w/ 5 second iso hold
Finger Extension w/ Rubber band	20 reps per hand

JON ORTON

WHAT STARTED AS A WAY TO MAYBE LOSE SOME WEIGHT, HAS COMPLETELY TURNED JON ORTON'S LIFE AROUND.

AGE: 39 | **HEIGHT:** 6' 2"

STARTING WEIGHT: 478lbs. | **CURRENT WEIGHT:** 225lbs.

HOMETOWN: Bakersfield, CA

HOME SCHOOL: Eric Nolans Extreme Training Center/Camarillo Jiu-Jitsu

INSTRUCTOR: Albert Aguire/Dan Camarillo

How did you discover jiu-jitsu?

My first exposure was the first UFC. I remember everyone talking about this scrawny guy coming out and beating these guys that were twice his size. But I still had no idea what jiu-jitsu was. I got a VHS tape with the first three UFCs on it. I watched it and saw what the hype was about. I could see that jiu-jitsu was the real deal. I looked around for schools in my area (I lived in Seattle at the time) but there was nothing. It wasn't until years after I had moved to California and jiu-jitsu had become more well known, that I was able to find a gym that offered jiu-jitsu. That's how I met Professor Daniel Camarillo. But it wasn't until a few years later that I actually started training.

What motivates you to train?

Initially, it was weight loss. I like things that don't come easy. I want to be pushed physically and I knew that jiu-jitsu would do that. I knew that once I got on the mat, even at 478 lbs and rolling with guys 1/3 my size, if I didn't move, I would end up on my back getting choked or armbarred. It didn't take long for my motivation to change. Wanting to lose weight was what got me on the mat in the first place, but my love for jiu-jitsu and my desire to learn and progress is what kept me there and keeps me coming back.

What else do you do for physical fitne s?

Aside from jiu-jitsu, I do a lot of weight training and powerlifting. As far as cardio and conditioning, I use a lot of high intensity interval training. I also enjoy Muay Thai. I always try to mix things up and incorporate new things to keep from getting bored.

How have you changed your diet?

I have COMPLETELY changed my diet. I cut out all fast food and beverages aside from water. I keep things clean and simple. Essentially just lean proteins, vegetables, potatoes, or rice. Eating clean doesn't have to be boring. You can get creative. Proper nutrition is really the most important aspect of losing and maintaining weight. Of course, exercise is important as well. But you really cannot out work a bad diet.

What's been the biggest challenge so far?

Staying motivated was the hardest part. But with the motivation problem taken care of, the biggest challenge has been changing the way I think about food and really accepting the lifestyle changes. But If you want to change your life, you have to change your lifestyle. That means breaking habits that have taken a lifetime to acquire. Carefully planning out everything I eat and meal prepping was very tough in the beginning. It can be pretty time consuming and it's so much easier to just pull through a drive thru or order a pizza instead. Especially when that is what I had done for so many years. But those easy solutions were not going to help me reach my goal. Now that I have reached my goal weight, it is still difficult t times to not give into old habits. But I have worked way too hard to go back.

What's been the best benefit f om the changes you've made?

My life has improved in every way possible. I could go on forever listing all of the benefits that this change has brought me. I had been overweight since I was a child. So I had no idea how much life I was actually missing out on. When you are as big as I was, nothing fits. And I don't just mean clothing (my first gi was an A-7. I could barely close the jacket). It's like you are living in a world that wasn't made for you. I get to do things every single day that I was not capable of doing before. Even everyday tasks like tying my shoes without breaking a sweat or my back hurting. Before my weight loss, I wasn't living. I was just surviving.

What advice would you give to someone else looking to make the same sort of change?

If you want to change everything, you have to change EVERYTHING. What you will gain is far greater than what you will give up. Find your passion. Find your fire. And then let that fire consume you. Find something that drives you and motives you. Something that pushes you. And then do the hell out of it. For me, it was jiu-jitsu. I can honestly say that jiu-jitsu saved my life. I'm living proof that it can be done.

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